Richard Salter Storrs Library
693 Longmeadow St.
Longmeadow, MA 01106

where do you fit in?

Longmeadow High School

95 Grassy Gutter Road
Longmeadow, MA 01106

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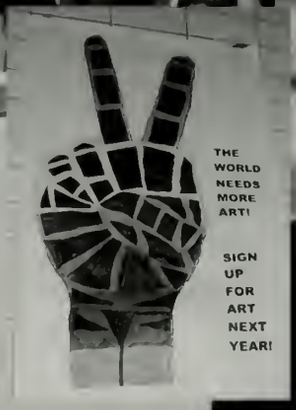
where do you fit in?

These years, the years in high school, are a time when we begin our search to find our place. Academics are , after all, an attempt to find either ability or affinity in the hope that either will lead to profit, or passion, or both. Through art, music, sports, clubs, and other extracurriculars, we try on different selves in the belief that somewhere there is one that fits. Through the more social aspects of existence, we can explore who we want to be and who we want to be with. We come in all colors, shapes, and sizes and, somehow, we can find our place. Be it in the band room, the football field, East Asia club, or all three, everyone has a place at LHS. Each of us is a piece of the puzzle that is Longmeadow High School.



"My message to the world is, "Lets swing, sing, shout, make noise!...Lets be wet and noisy."-Mel Brooks

"Art comes into being through a chain of inspiration." -Douglas Davis

"Art: Self expression through creation." Katie Shallbetter

life's a puzzle

find your place

"Music was my refuge. I could crawl into the space between the notes and curl my back to the loneliness." -Maya Angelou

"Music is the force that drives more than half of LHS." -Stephen Russell

"The best way to get to knowing any bunch of people is to go listen to their music." -Woody Guthrie

where do you want to be?

...there's somewhere for everyone.

"A champion on the field is a champion off the field."
-Luz Caceras

"Sports can teach you life lessons about working with others." -LHS student

"Sports do not build character. They reveal it."
-Heywood Hale Broun

"Sports are the rock that LHS sits upon." -Brandon Reilly-Evans

find your place...

it's here...at LHS

"Our school serves as a giant theater of emotion, playing five times a week." -Sam McGrath

"A man is known by the company his mind keeps." -Thomas Bailey Aldrich

"There is only one sound method of a moral education. It is teaching people to think." -Everett Dean Martin

Harry Rea

"Yeah, the sky is the limit, and if you look up high, you'll see that I'm gonna be on it."

Steven Silverstein

We will always remember the short time we had together.

Maggie Camp

Maggie loved life and lived it to the fullest. Maggie loved us and we are more fortunate for it. Maggie, we miss you.

Retiring Teachers

Mike Deary

Michael "Coach" Deary joined the physical education department at LHS in 1973. For the past 35 years he has contributed to our school as a teacher, department chair, athletic director, and coach of football and baseball. In fact, as the football coach for 18 years, the Lancers secured berths in our first two Super Bowls, putting together an impressive winning record that is still a part of our legendary tradition of excellence.

In addition, Mr. Deary must be recognized for assembling a truly special coaching staff which has been a key aspect in making the Lancers the top-rated athletic program in Western Mass.

Coach's true love is teaching, and through his effort in the classroom and on the playing field, thousands of students were taught the value of always giving their best effort, good sportsmanship and the need to work as a team.

These traits are lifelong qualities that we thank Mr. Deary for insisting we embrace. They have become an important part of the Longmeadow High School experience.

Coach, we wish you the best in retirement. You have certainly made LHS a better place through your work here. Enjoy well earned time with your family.

Jeffrey Goodwin

Jeff has always felt very strongly about encouraging a sense of community amongst his colleagues well parties actually the importance of having fun together. For over twenty years, Jeff, along with the assistance of many fellow Lounge Lizards, has organized two annual staff parties; the December party, held in local restaurants, and the June party, held at staff members' homes. The first June party was held at Goodwin's house poolside, followed by annual picnics at the Slate's, Bayley's and Morse's, to name just a few. Each year he scouted out restaurants, sampled the fare, designed menus, collected money (by joyfully entering/interrupting many teachers' classes demanding attendance or cash), set up the venue, and made sure to invite retirees. Jeff always felt it was an opportunity for the staff to get together and enjoy good food and many laughs. Over the years, the Lounge Lizard herself, the symbol of the party, has been present on rooftops or poolside dressed in a variety of costumes such as leis and coconuts, Santa suits and beards, whatever suited the season or whim of Jeff and his many assistants. While to many this all seemed like a ton of work, Jeff thoroughly enjoyed himself during the planning and partying. Thank you Jeff for these great times, jokes, laughter, and memories.

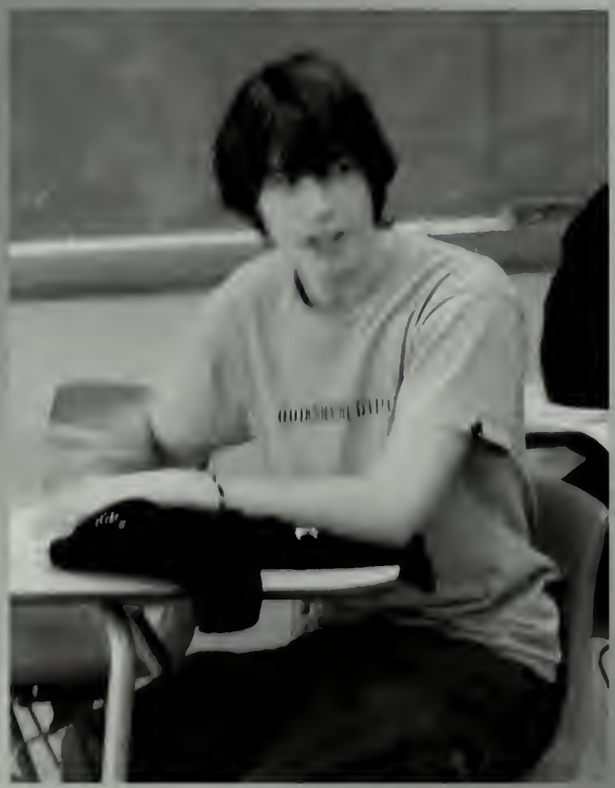
Peter Thomsen

The Butterfly Effect is the theory that the flutter of a butterfly's wings can create small changes in the atmosphere that could ultimately cause a tornado. How can we even begin to calculate the effect that Peter Thomsen has had on our planet? For 37 years, he has helped students to literally find their voices.

Schools have changed a great deal during those 37 years. Now we are living in a time when schools, teachers and students are measured by high stakes tests. But in Pete's classroom, the goal has always been collaboration in the service of artistic truth and beauty. No test can measure that, but, thankfully, those are the lessons that generations of Pete's students have carried into the world and no doubt the world is a better place as a result. Pete's passion for the music and students is the flutter of the butterfly's wings that, for 37 years has sent tornadoes around the world.

Our community will miss him greatly and we wish him days full of music and sailing!

Seniors



SURF CA

E.T.

class advisors

From Kindergarten to graduation, this class has a unique reputation. You have been labeled the most creative, respectful, and hard working class to pass through these halls. Your awards and achievements fill the glass cases from elementary to high school. Your talents span all subjects including music, academics, business, sports, and art. Your class has participated in great numbers in all activities, even the freshmen trip to the zoo during a blizzard! "The Wizard of OZ" was an incredible display of your talents and camaraderie. We will always remember Hannah, Jake, and their amazing crew with over 100 seniors coming together to create three unforgettable days. We are truly blessed to have worked with you and your class officers over the years. Together we have organized the most successful activities and included the senior class in the decision making along the way.

We wish you all the best and know your unique reputation will follow you wherever you go. As you continue your journey, remember what Dr. Seuss said...

Congratulations!
Today is your day.
You're off to great places!
You're off and away! You have brains in your head.
You have feet in your shoes.

Wherever you fly, you'll be the best of the best.
Wherever you go, you will top all the rest.

And will you succeed?
Yes! You will, indeed!
(98 and 3/4 percent guarenteed)

KIDS, YOU'LL MOVE MOUNTAINS!

So...
be your name Buxbaum or Bixby or Bray
or Mordecai Ali Van Allen O'Shea
you're off to great places!
Today is your day!
Your mountain is waiting.
So...get on your way!

Dr. Seuss-"Oh, The Places You'll Go"

class officers

Dear Class of 2008,
As hard as it is to believe, we made it. It seems like just yesterday we stepped in these halls for the first time, divided by middle school ties and stumbling under the crushing pressure of a new start, high expectations, and massive backpacks. While our career together as the united class of 2008 got off to a rather inauspicious start (an ill-timed winter trip to the Providence Zoo), we soon found that soaking wet socks and a diseased polar bear were (luckily) not signs of things to come. Together we grew into overconfident sophomores, survived the sophomore lock-in, enjoyed the sophomore dinner-dance, and began to establish our class's place as an integral part of the LHS academic, athletic, and artistic communities. Little did we know what awaited us as juniors. Though the Junior/Senior semi was a blast, nothing could make up for the stressful days and late nights we all suffered through. Yet we went through it together, and somehow, found ourselves faced with an easy, fun-filled, laid back senior year. Or so we thought. Then came the senior class play. We chose Charlie and the Chocolate Factory, but a last minute problem left us scrambling for a play, and way behind schedule. Who knew then that the switch would yield one of the greatest productions in the history of Longmeadow High School. The casting was perfect, the attendance legendary, and the experience tremendous. We bonded as we never had before, which made the switch to all out warfare between the Army and Navy in the annual Powderpuff game all the more surprising. But despite some bumps and bruises, some disagreements, and a controversial outcome (Navy really did win), the Powderpuff game brought us even closer together. And while many of us will remember the big events of our high school careers, I think we can all agree that what we will miss most are the little parts of LHS. From being chased down the hall by Señora Rhodes, to breaking it down for a chance at the Dance Hall of Fame in gym, the atmosphere at Longmeadow will always be a part of us; we will always be a part of LHS, too. Our athletes have given the school Super Bowl championships, state titles, Western Mass titles, and more league titles than you can count. Our musicians have played at Boston Symphony and Carnegie Halls, performed overseas, and provided magical performances here at LHS. Our artists have yielded beautiful art, and our students have provided debate, mock trial, and *As Schools Match Wits* success galore. But we won't be defined by our achievements. We are a close-knit group. We've enivened LHS for the past four years, and we will be sorely missed. It's been an honor to serve as class officers for such an enthusiastic and brilliant group, and we thank you for all your help along the way. It may not always have been pretty, but it was always an experience, and when we leave these halls, LHS will never be the same.

Class of 2008

Jessica Abbott

Jessy, Jabbs

Field Hockey 9, 10, 11
LHSFH2K7 12 (Captain)
Softball 9, 10, 11, 12

"At some point, you have to make a decision. Boundaries don't keep people out, they fence you in. Life is messy. That's how we're made. So, you can waste your life drawing lines or you can live your life crossing them. But there are some lines... that are way too dangerous to cross." - Greys Anatomy

Ernest Abrahamyan

Ernie

Wrestling 12
MMA
Boxing
Sales, Advertising, Interpreter

"Dreams are your only stars that shine in the dark. To keep them shining you've got to protect them and keep them alive, work hard to capture them."

Richard Al-Husseini

Katerina Albano

Katie, KTA

Soccer 9, 10
Holyoke Crew
Ultimate Frisbee 11, 12
Latin Club 11, 12 (President)
BPA 12
Haiti Plunge 12
Young Life 10, 11, 12
Faith Formation Teacher 10, 11, 12
World Youth Day 10, 12
St. Mary's Youth Council 9, 10, 11, 12
Senior Class Play
Powder Puff

"...do not worry about tomorrow, for tomorrow will worry about itself." - Matthew 6:33-34

"I know that I was born and I know that I'll die. The in between is mine. I am mine." - Pearl Jam

Leonardo Alfarone

Lesco, Layo, O, Leroni

Baseball (Manager) 9
Soccer 9
Ultimate Frisbee 11
JCC Basketball 11, 12

"That was a crazy game of poker." - O.A.R.

"Scoring more points than your opponent is the key to winning games." - John Madden

"It takes a big man to cry, but it takes a bigger man to laugh at that man."
- Jack Handy

No Photo Available

Brittany Alger

Britt, Britt Britt

"Love suffers long and is kind; Love does not envy: Love does not boast, it is not proud, it is not rude, it is not self-seeking, it is not easily angered, it keeps no record of wrongs. Love does not delight in evil but rejoices with the truth. It always protects, always trusts, always hopes, always preserves. Love never fails." - I Corinthians 13:4-8

"You'll get through it, you won't really have a choice." - Matt Gray

Erika Anderson

Erika

Soccer 9, 10
Indoor Track 9, 10
Outdoor Track 9, 10
Ultimate Frisbee 11, 12
Western District Violin 10, 11, 12
Chamber Orchestra 12
Accidentals 10, 11, 12
Key Club 10, 11
Impressions 11, 12

Kara Shea Anderson

Shanda, Shea

Field Hockey 9, 10, 11
LHSFH2K7 12 (Captain)
BPA 11, 12

"It's never too late to be who you would have been" - Julia Miehm

Samuel Appleman

Apples, Sammy

Cross Country 9, 10, 11, 12
Indoor Track 9, 10, 11, 12
Outdoor Track 10, 11
Lacrosse 9
Six Flags Security 11
Rugby 11, 12

"It's 150 miles to Chicago. We have a full tank of gas, half a pack of cigarettes, it's dark out and we're wearing sunglasses."
- The Blues Brothers

"So far away we went for the day
For the light source so wasted and gone
We feel the pain of a lifetime lost in a thousand days
Through the fire and the flames we carry on."
- Dragon Force

Christine Aye

X, X-Tine, Stine

Softball 9, 10, 11, 12
Basketball 9, 10, 11, 12
Soccer 10, 11, 12
French Club 9, 10, 12
Pep Band 9, 10, 11, 12
Senior Class Play

"We can't let a sure thing drown in a puddle of doubt" - Toby Keith

"12:07"

Joshua Ayotte

Ayo

Football 9, 10, 11, 12

Hockey 11

Ashley Bailey

Ash, Ash Bail

Community Service Learning
MLK Center
CVS

"Do you hear your heart, crying out for me?" - Mario

"You are what you say you are, a superstar!" - Lupe Fiasco

Francesco Barbuti

Whaa, Frankie

Football 9, 10, 11, 12
Weight Lifting Club (Founder) 11, 12
Track 11, 12

"God Damnit, Frankie" - Coach Rostko

Jason Bardin

"Behove this sound of Irish sense. Really? Here English might be seen. Royally? One sovereign punned to petery pence. Regally? The silence speaks the scene. Fake!"
- James Joyce, Finnegans Wake

"Countlessness of livestories have netherfallen by this plague, flick as flowflakes, litters from aloft, like a waast wizzard all of whirlworlds. Now are all tombed to the mound, isges to isges, erd from erde."
- James Joyce, Finnegans Wake

Michael Barnett

String Orchestra 9, 10, 11, 12 (Concert Master 11)
Men's Chorus 10, 11
Lyrics 12
ASTA Recipient 2007
Grand Ole Opry
Daniel Pearl Memorial Violin Recipient 2007-2008

"Heart on fire, brain on ice."
- Michael Mucci

Scott Beaulac

Rachael Bell

Accidentals 10, 11
First Step Nursery School 11, 12
Theatrix 9, 10, 11, 12

Vasiliy Belyy

Vuh

Lacrosse 9
Babe Ruth Baseball 10
Wrestling 11
Ultimate 11, 12
Football 9, 10

Elizabeth Frost Bennett

Beth, Frosty

Art Club 9, 10, 11, 12
Interact 10, 11, 12
NHS 11, 12
Youth Group 9, 10, 11, 12

"Time you enjoy wasting, was not wasted." - John Lennon

"Art will remain the most astonishing activity of mankind born out of struggle between wisdom and madness, between dream and reality in our mind." - Magdalena Abakanowicz

Elizabeth Benoit

Liz, Lizzie

Cross Country 9, 10, 11
Track and Field 9, 10
Interact Club 9, 10, 11
Band 9, 10, 11, 12

"Life is opportunity, benefit from it. Life is beauty, admire it. Life is bliss, taste it. Life is a dream, realize it. Life is a challenge, meet it. Life is a duty, complete it. Life is a game, play it. Life is a promise, fulfill it. Life is sorrow, overcome it. Life is a song, sing it. Life is a struggle, accept it. Life is a tragedy, confront it. Life is an adventure, dare it. Life is luck, make it. Life is too precious, do not destroy it. Life is life, fight it." - Mother Teresa

Alison Berg

Ali

Field Hockey 9, 10, 11
LHSFH2K7 12 (Captain)
Track 9, 10, 11, 12
NHS 11, 12
Yearbook 11, 12

"Live life fully while you're here. Experience everything. Take care of yourself and your friends. Have fun, be crazy, be weird. Go out and screw up. You're going to anyway, so you might as well enjoy the process. Take the opportunity to learn from your mistakes; find the cause of your problem and eliminate it. Don't try to be perfect; just be an excellent example of being human."

David Berman

D. Berms, The Berman

Track and Field 9, 10, 11, 12
Wrestling 9, 10, 11, 12
Mountain and Road Biking
Skiing

"It's not how you get up, it's how you get down."

Lauren Berrouard

Armata's 8, 9, 10, 11, 12
Baran Institute of Technology 11, 12
Connecticut Culinary Institute 11, 12

"Seventy-two..."

"Whatever happens, I'll leave it all to chance." - Queen

Ellen Berube

Elle, Ellie May, Ruby

Varsity Indoor Track 9, 10, 11, 12
Varsity Outdoor Track 9, 10, 11, 12
SADD 11, 12
BPA 11, 12
Water Polo Club 9, 10
Soccer 9
Senior Class Play
Powder Puff Game
Accidentals 10, 11, 12

"Nothing ever becomes real till it is experienced - even a proverb is no proverb to you till your life has illustrated it."
- John Keats

Michelle Blair

Miche, Michey, Michers

Dance 9, 10, 11, 12
Key Club 10, 12
Senior Class Play

"You must be the change you wish to see in the world."
- Mahatma Gandhi

Anna Bonfiglio

"The greatest mistake you can make in life is to be continually fearing you will make one."

Daniel Bourdeau

Boudy

Junior Varsity Soccer 9, 10
Junior Varsity Lacrosse 9
Varsity Track 10, 11, 12
Varsity Indoor Track 9, 10, 11, 12

Paul Brinnel

Jazz Band 9, 10, 11, 12
Debate Team 9, 10, 11, 12
I Cantori 10, 11, 12
Jet Jotter 11, 12
Rough Draft 12
School Council 9, 10, 11, 12
NHS 11, 12
Key Club 11, 12
Lyrics 10, 11, 12
Wind Ensemle 9, 10, 11, 12

"The only absolute knowledge attainable by man is that life is meaningless." - Leo Tolstoy

Derek Brown

D Brown, D-rek, DB

Football 9
Lacrosse 9, 10, 11, 12
Braveheart 12
JCC Basketball 10, 11, 12
Stock Club 11, 12
Senior Class Play

"Sometimes your flush and sometimes your bust, and when you're up, it's never just as good as it seems, and when you're down, you never think you'll be up again, but life goes on"
- Blow

Egypt Brown-Covington

E, Egy, Bobblehead

Cross Country 9
Unity Club 9, 10, 11, 12
American Red Cross (Internship) 12

"You learn something new everyday, personally for me, I learn something new everyday."

"Be different, stand out, be your own person."

Jad Bsat

Soccer 9
Indoor Track 9, 10, 11, 12 (Captain)
Outdoor Track 9, 10, 11, 12
Concert Band 9 (Section Leader)
Wind Ensemble 10, 11, 12 (Section Leader 11, 12)
Symphony Orchestra 9, 10, 11, 12 (Section Leader 11, 12)
Pep Band 9, 10, 11, 12
Pit Orchestra 12
Math Team 12
National Honor Society 11, 12
Volunteering at JGS Nursing Home 10, 11, 12
Volunteering at Baystate Medical Center 12

Megan Burke

Samantha Burton

Sam, Sammy, Mantha, Manth, Smam, Slam, Slammy, Slama

Volleyball 9, 10, 11, 12
Girl's Ultimate Frisbee 11, 12
Impressions 10, 11, 12
East Asia Club 11, 12

"Life's tough, get a helmet."

Anthony Bussolari

Buss, Busso, Bussolini

Track 9, 10, 11, 12
Wrestling 9, 10, 11
Soccer 9, 10
Indoor Track 12
Business Club 11
Outing Club 12

"There are no stupid questions, just stupid people."

Chelsea Cadirov

Chels

Indoor Track 9, 10, 11, 12
Outdoor Track 10, 11, 12
Senior Class Play
Powder Puff

Nicholas Cadirov

Nick, Caddy

Soccer 9, 10, 11, 12
Lacrosse 9
Indoor Track 9, 10, 11, 12
Outdoor Track 10, 11, 12
NHS 11, 12
Environmental Club 11, 12

Claire Calderon

Clairey

Jet Jotter 9, 10, 11, 12 (Editor)
Impressions 11, 12 (Editor)
NHS 12
East Asia Club 9, 10, 11, 12
Lyrics 11, 12
Accidentals 9, 10, 11, 12
Drama Club 9, 10, 11, 12
Ultimate Frisbee 11, 12
I Cantori 12

"We are made to bleed and scab and heal and bleed again, and turn every scar into a joke." - Ani DiFranco

"Laughter is the language of the soul." - Pablo Neruda

"Eat my shorts." - The Breakfast Club

Bryanna Campbell

Bry

Longmeadow Flowers 9, 10
Sports World 10, 11, 12
Dinn Brothers 11

"Excuse me while I kiss the sky." - Jimi Hendrix

"Listen or your tongue will make you deaf." - Native American Proverb

R.I.P. Bob Pisani

Michael Carlson

Marissa Chechette

Riss

Soccer 9, 10, 11
Indoor Track 9, 10, 11, 12
Lacrosse 9, 10, 11, 12
French Club 10, 11, 12

"Heart on fire, brain on ice."
- Mr. Mucci

"You cannot leave everything to fate. She's got a lot to do. Sometimes you must give her a hand."
- Ever After

Jackie Cheng

AFS 10, 11, 12
Chinese Painting and Music 9, 10, 11, 12
International Club 11, 12

"Ever been to the desert? You'd hate it. It's so hot...you're always sweating. You think you're melting like butter... Except for the stars. They're so close..."
- Frita Reiser, Stalingrad

Theodore Chesbro

Lauria Chin

Mock Trial 9, 10, 11, 12
Jet Jotter 9, 10, 11, 12
AFS 10, 11, 12
International Club (Model UN) 11, 12
GSA 9, 10, 11, 12
NHS 11, 12
Ultimate 11, 12
Summer Enrichment Volunteer 9, 10, 11

"Be who you are and say what you feel because those who mind don't matter and those who matter don't mind." - Dr. Seuss

"When you know a thing, to recognize that you know it, and when you do not know a thing, to recognize that you do not know it. That is knowledge." - Kung Fu-tzu

Andy Chou

Jazz Band 9, 10, 11, 12
String Orchestra 9, 10, 11, 12
Chamber Orchestra 10, 11, 12
Varsity Tennis 9, 10, 11, 12
Swimming 9
Lyrics 10, 11, 12
Men's Chorus 9
Pit Orchestra 10, 11, 12
National Honors Society 11, 12

"Don't recite other people's opinions. I hate quotations. Tell we what you know." - Ralph Waldo Emerson

Kayla Rae Clark

Kay, Clark, Clarkie, Clarksonburg, Kayla Clarkson, Kayla Clark Bubba Sparxxx

JV Softball 9, 10
Drama Club 12
Outing Club 12
Senior Class Play
Powder Puff- Navy

"If we are all gonna die anyway, shouldn't we be enjoying ourselves now? You know, I'd like to quit thinking of the present, like right now, as some minor insignificant preamble to something else."-"Dazed and Confused"

Michael Consedine

Mike

"Failure is a far better teacher than success."

"It takes a big man to cry, but it takes a bigger man to laugh at that man."

Victoria Cooper

VCoop, Vicky Coop, Coop

Basketball 9, 10
La Capella 10, 11, 12

"I'm 100% original, and that's what got me here." - Tupac

"There are no regerts, just lessons learned."

"Maybe mistakes are what makes our fate." - Sex and the City

Sara Covalli

Women's Chorus 9
La Cappella 10, 11, 12
Key Club 9, 10, 11, 12
NHS 11, 12
Powder Puff 12

Timothy Crimmins

Crimson Tide, Timmins, T-Bone

Cross Country 9
Track and Field 10
Football 10, 11, 12
Ultimate Frisbee 11, 12

"Find something you'd die for and live for it."

"Crimson Tide, you the worst ever."

Thomas Croteau

Croteau

"Legs feed the wolf." - Herb Brooks

Alex Cuscovitch

Cusco

BPA 10, 11, 12
Baseball 10, 11 12
Football 9, 10
JCC Basketball 11, 12

"Do not go where the path may lead, go instead where there is no path and leave a trail." - Ralph Waldo Emerson

Our deepest fear is not that we are inadequate; our deepest fear is that we are powerful beyond measue. It is our light, not our dark that most frightens us" - Timo Cruz

Alecia D'Entremont

Taylor Dakers

TDakes, Tay-Tay

Key Club 11

"It doesn't matter how it happened or even why it did, what matters is it did.

Alissa Danalis

Varsity Volleyball 10, 11, 12 (Captain)
Key Club 10, 11

Stefano Daniele

Class President 11, 12
Soccer 9, 10, 11, 12
Track 10, 12
Men's Chorus 9, 10
BPA 10, 11, 12
School Committee 11, 12

"I had a false belief, I thought I came here to stay. We're all just visiting. All just breaking like waves."
- Eddie Vedder

John Devlin

Jack

Kevin Dillon

K. Dills

Cross Country 10, 11, 12
Indoor Track 10, 11, 12
Outdoor Track 9, 10, 11, 12
Lifeguard (Springfield Paddle Club)
10, 11, 12

Shannon DiStefano

haniqua, Shan, Shannylou, BoBannen

ield Hockey 9, 10, 11
HSFH2K7 12 (Captain)
ndoor Track 9, 10, 11, 12 (Captain)
rack and Field 9, 10, 11, 12 (Captain)
acrosse 9
uting Club
enior Class Play
owder Puff

Memory is a way of holding onto the things you ve, the things you are, the things you never want to se." - The Wonder Years

How did it get so late so soon? It's night before it's fternoon. December is here before it's June. My oodness how the time has flewn. How did it get so te so soon?" - Dr. Seuss

Anthony Donahue

Dons, Dirty Dons, Double Ds, Sanch, Scoop n' Score

Hockey 10, 11, 12
Braveheart 12

Patrick Donnelly

Pat, Donnelly

Basketball 9, 10, 11, 12 (Captain 11, 12)
Football 9, 10, 11, 12 (Captain 12)

"That's a picture of me taking the bull by the horns. It's a metaphor, but that actually happened. I'm just kidding. But seriously, it did."
- White Goodman, Dodgeball

Erik Douglas

Dougie, Dougie Bones

Hockey 9, 10, 11, 12
BPA 11, 12
Twin Hills Country Club 11, 12
Baseball Umpire 9, 10, 11, 12

"If winning isn't everything why do they keep score?" - Vince Lombardi

John Doyle

JD

"Health food may be good for you, but Oreos taste a hell of a lot better." -Robert Redford

"Humor is the great thing, the saving thing, after all. The minute it crops up, all our hardnesses yield, all our irritations and resentments slip away, and a sunny spirit takes their place." -Mark Twain

"The cure for boredom is curiosity. There is no cure for curiosity." -Dorothy Parker

"You laugh until you cry; You cry until you laugh; And everyone must breathe; Until their dying breath." -Regina Spektor

Benjamin Durfee

Durfee

Cross Country 11, 12 (Captain)
Indoor Track 10, 11, 12 (Captain)
Enviornmental Club 11, 12
Lyrics 10, 11, 12
I Cantori 11, 12

"We're all accidents waiting to happen."

"One little leak becomes a lake."

Rebekah Ehrlich

Keelia Faber

Keel, Kiki

XC 9
Track 9
Key Club 10, 11, 12
Boy's Varsity Lacrosse Manager 10, 11, 12
Art Club 12

"From the dark end of the street
To the bright side of the road
We'll be lovers once again on the
bright side of the road."
- Van Morrison

Meghann Fahy

Meg, Meggy, Meggo, T. Mgee

Track 9
Yearbook 9, 10, 11, 12
Interact 9
Latin Club (Secretary) 11, 12

"Not all who wander are lost."

"The thing always happens that you really believe in, and it's the belief in the thing that makes it happen."

Anthony Famiglietti

Tony, Fami, Nay, Fam

Football 9
Baseball 9, 10 ,11, 12
NHS 11, 12

"Always dream and shoot higher than you know you can do. Don't bother just to be better than your contemporaries or predecessors. Try to be better than yourself." - William Faulkner

Benjamin Fearn

Indoor Track 11, 12
Outdoor Track 10, 11, 12
Summer Camp Counselor 9, 10, 11, 12
After-School Program Counselor 11, 12
Art Club 9
Winner of Junior Achievement Stock Market Challenge 12

No Photo Available

Katherine Felix

Samantha Fields

Key Club 9, 10, 11, 12
East Asia Club 10, 11, 12
Outdoor Track 10, 11,12
Indoor Track 11, 12
National Honor Society 11, 12
Powder Puff Army
Senior Class Play

"All our dreams can come true, if we have the courage to pursue them. "
-Walt Disney

William Fitzgerald

No Photo Available

Thomas Foley

Jet Jotter 9, 10, 11, 12 (Editor-In-Chief)
District Learning Team 9, 10, 11, 12
School Committee Student Representative 12

"Ad astra per alia porci"
- c/o John Steinbeck

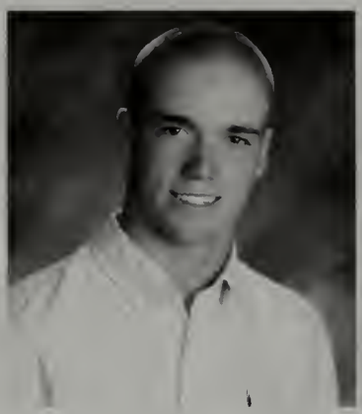
"You've got to drink drano after you eat there."
- Senora Rhodes on the cafeteria

Ryan Fortsch

Furchy

Football 9, 10, 11, 12
Wrestling 9, 10, 11, 12
Baseball 9
Outdoor Track 10
BPA 9, 10, 11, 12
Ballroom Dancing 11, 12

"The wisest men follow their own direction."



Allison Fox

Ally, Al, Allita, Fox, Al Pal, D-UNIT, D$

Field Hockey 9, 10, 11
LHSFH2K7 12 (Captain)
Lacrosse 9
Outdoor Track 10, 11
Symphony Orchestra 9, 10, 11, 12
East Asia Society 9, 10, 11, 12
Jet Jotter 9, 10, 11, 12
NHS 11, 12 (Vice President)
Pep Band 10, 11, 12 (Conductor)

"What lies behind us and what lies before us are tiny matters compared to what lies within us." - Ralph Waldo Emerson

Matthew Gagne

Gagne

Football 9, 10, 11, 12
Skiing 9, 10, 11, 12
Lacrosse 9, 10, 11, 12
Drama Club Pit Orchestra
Concert Band 9, 10, 11, 12
Braman Pest Control

"Live fast, fight hard." - John Cena

"You may say I'm a dreamer, but I'm not the only one." - John Lennon

"We are still masters of our fate. We are still captains of our souls." - Winston Churchill

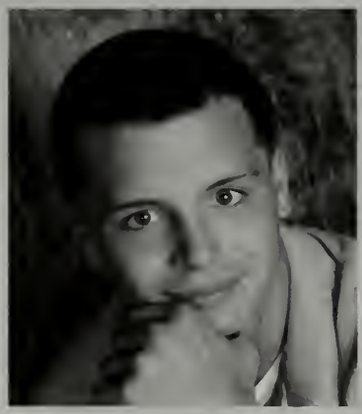
Nicholas Gauthier

Rico, Spanish, Spout

Soccer 9
Ultimate Frisbee 11, 12
Kiddly Winks 10
Friendly's 12

"PAT! Are you serious!?...I'm seriously about to cry right now!" - Potter

David Gentile



Elizabeth George

Lizi, Liz, Betsy

Math Team 9, 10, 11, 12 (Captain)
Impressions 9, 10, 11, 12 (Editor-In-Chief)
Jet Jotter 9, 10, 11, 12 (Managing Editor)
Accidentals 9, 12
Science League 10, 11, 12
I Cantori 11
Chamber Orchestra 10, 11, 12 (Concert Master)
Pit Orchestra 9, 11, 12 (Conductor)
Library Page 10, 11, 12
Lyrics 10, 11, 12
Orchestra 9, 10, 11, 12

"Mathematics and Music! The most glaring possible opposites of human thought! And yes connected, mutually sustained!" - Hermann von Helmholz

No Photo Available

Dmitry Gerasimchuk

Emily Gershen

Egg, Gersh

Ski Team 9, 10, 11, 12 (Captain)
French Club 9, 10, 11, 12 (President)
Yearbook 10, 11, 12 (Editor-In-Chief)
Accidentals 11, 12
Lyrics 12

"The future has several names. For the weak, it is the impossible. For the faintheartcd, it is the unknown. For the thoughtful and valiant, it is ideal. The challenge is urgent. The task is large. The time now." -Victor Hugo

"Who is John Galt?" -Ayn Rand

Samuel Gerweck

Gerweck, Fleance, Flay

Football 9, 10, 11, 12
Cantori 10, 11, 12
Lancer Iron Club 12
Lyrics 9, 10, 11, 12

"No matter what happens now; You shouldn't be afraid; Because I know today has been the most perfect day I've ever seen." - Radiohead

"I learned that if you want to make it enough, no matter how bad it is, you can make it." - Gale Sayers

Jacob Gofman

"This illusion trips him. His hands lift of their own and he feels the wind on his ears even before, his heals hitting heavily on the pavement at first but with an effortless gathering out of a kind of sweet panic drowing lighter and quicker and quieter, he runs.
Ahi runs. Runs." - John Updike

"Memory believes before knowing remembers. Believes longer than recollects, longer than knowing even wonders." - Billy Faulkner

Elliott Gordon

Interact Club 9, 10, 11 (President)
BPA 12
Stock Club 12

Misha Graham

No Photo Available

Caitlin Grant

Track and Field 10, 11, 12
Cross Country 12
Senior Class Play
National Honor Society 11, 12
Interact 10, 11, 12
Impressions 9, 11, 12
French Club 10, 11, 12
Art Club 9, 10

"You must have confidence in your ability, and then be tough enough to follow through."

Emma Gray

Em, Emmy

Soccer 9, 10
Varsity Softhall 9, 10, 11, 12
Key Cluh 11, 12
Concert Band 9, 10
Baystate Partnership 10, 11, 12
Powder Puff

"Down hy the railway station people moving in a new direction can take a ticket who you can drive that train."

"What lies behind us and what lies ahead of us are tiny matters compared to what lies within us." - Thoreau

David Grayboff

Boff

Soccer 9, 10, 11, 12
Tennis 10, 11, 12
Stock Club 11, 12
BPA 12

"Certain things in life are more important than the usual crap that everyone strives for"
- James Taylor

"I try to live the life I know my life deserves to live."
- Ben Taylor

"So where are you going when you know where you belong?"
-Ben Taylor

Brittany Gyllenhammer

Meredith Hadley

Mer, Dith

Softball 9, 10 (Captain)
Ultimate Frisbee 11, 12 (Captain)
Lyrics 10, 11, 12 (Section Leader)
Accidentals 9, 10, 11, 12
St. Mary's Youth Council 9, 10, 11, 12
I Cantori 12
"And if you can't help people, well, then there's nothing else." - Peter Thomsen

"If we're all gonna die anyway shouldn't we be enjoying ourselves now? I'd like to quit thinking of the present, like right now, as some minor insignificant preamble to something else." - Dazed and Confused

Betsey Hanke

Bets, Punk

Margaret Hanmer

Margo, Marge

Soccer 9, 10, 11, 12 (Captain)
Ski Team 9, 10, 11, 12

"Nine times out of ten our hearts just get dissolved, but one time out of ten, everything is perfect for us all."
- Modest Mouse

Kaitlin Hannigan

Phoebe Harris

Pho, Pho Sho

JV Softball 9
Key Club 9
Girl's Ultimate Frisbee 11, 12

"Where there is love, there is life."
- Ghandi

No Photo Available

Sammi Haskell

Drama Club 9, 10, 11, 12
Barnes and Noble 11, 12
Senior Class Play

"If you keep eating your hand, you're not gonna be hungry for lunch."
- The Breakfast Club

Nicholas Hatzis

Nick, Hatzis, Gramps, Hatziser

"Work hard, party harder."

Erin Healy

Er, Core

Field Hockey 9, 10, 11
LHSFH2K7 12 (Captain)
Indoor Track 9, 10, 11
Ultimate Frishee 11, 12
Jet Jotter 10, 11, 12
NHS 11, 12 (President)
China Club 10, 11, 12
Orchestra 9, 10, 11, 12

"But hanging on is easy when you've got a friend to call." - Jack Johnson

"Joy comes from adventure today. Time to shake the world up." - Fortune Cookie

Taylor Hedges

Tay, T

Field Hockey 9, 10, 11, 12
Indoor Track 9, 10, 11, 12
Lacrosse 9, 10, 11, 12
Accidentals 11, 12
Lyrics 12
Nomads Field Hockey Club Coach
National Honors Society
French Club 10

"The purpose of life is to live it, to taste experience to the utmost, to reach out eagerl and without fear for newer and richer experience." - Eleanor Roosevelt

Robert Henderson

Rob, Henderballs

Debate Team 9, 10, 11, 12
Jet Jotter 9, 10, 11, 12
Jazz Band 10, 11, 12
Yiddish Cluh 10, 11
Jewish Nursing Home Volunteer Orchestra 10, 11, 12
As Schools Match Wits 10
Lihrary Page 11, 12
National Honor Society 12
Boy Scouts 9, 10, 11, 12

"Today, I see within us all (myself included) the replacement of complex innner density with a new kind of self-evolving under the pressure of information overload and the technology of the 'instantly availahle.'"
- Richard Foreman,
The Gods Are Pounding My Head

John Henley

Jack

Golf 11, 12
Skiing 9, 10, 11, 12
Braveheart 12

"We kiss on the mouth but still cough down our sleeves." - Modest Mouse

"This summer I learned there is a small but important difference between peeing in the pool and peeing into the pool." - Demetri Martin

Christopher Hess

Chess, Hess, C. Robert Hess

Hockey 9, 10, 11, 12 (State Champs '06)
Brave Heart 12
Ball Room Dancing 11
Latin Club 11
Underwater Basket Weaving 10, 11, 12

"I firmly helieve that any man's finest hour, the greateast fulfillment of all that he holds dear, is the moment when he has worked his heart out in a good cause and lies exhausted on the field of battle - victorious."
- Vince Lombardi

"We ready..." - State Champs '06

Megan Hibert

Michael Higham

Happy Earmuffs

Hockey 9, 10

"I say never be complete, I say stop being perfect, I say let's evolve, let the chips fall where they may."
- Tyler Dunden

Matthew Himmelsbach

Matt, Hiumels, Bach, Chicken Man, Matty

Varsity Tennis 9, 10, 11, 12 (Captain 11, 12)
Key Cluh 11, 12
Business Professionals of America 12
Men's Chorus 9, 10

"Sometimes it is more important to discover what one cannot do than what one can do."
- Lin Yutang

"I know you. You know you. And I know you know that I know you."
- White Goodman

Chase Hobert

Belt, Verb

Soccer 10, 11, 12
Basketball 9, 10
Business Professionals of America 10, 11, 12
(Officer 11, President 12)
St. Mary's Youth Council 11, 12

"He who forgets will be destined to remember." - Eddie Vedder

"Think of me what you will,
I've got a little space to fill." - Tom Petty

Carolyn Hoff

Choff, Hoff, Carol

Indoor Track 9, 10, 11, 12
Track & Field 9, 10, 11, 12
SADD 10, 11 (Secretary)
Key Club 10, 11
Senior Class Play
Powder Puff Army

Samuel Hopkins

Sam, Boneman

Soccer 9, 10, 11, 12
Outdoor Track 10, 11, 12
Indoor 11,12
Lyrics 10, 11
"If you think positive, positive things will happen."

"OK chili simmers for 2 hours, good chili simmers for 3 hours, ours simmers for at least 4."

Sarah Ann Hopkins

Annie

Enviornmental Club 11, 12
Lyrics 10, 11, 12
I Cantori 11, 12
Varsity Indoor Track 9, 10, 11, 12
Varsity Outdoor Track 10, 11
Varsity Cross Country 11, 12
Junior Varsity Soccer 9
Junion Varsity Lacrosse 9
Senior Class Play
Powder Puff Army

Kenneth Howard

Kenny, Ken

Soccer 9, 10, 11, 12 (Captain)
Baseball 9, 10, 11, 12
Basketball 9
BPA 11, 12
St. Mary's Parish Youth Group 12

"Me, I figure as each breath goes by, I only own my mind." - Pearl Jam

Arthur Hutchins II

A.J., Hutch, Hoover

Youth Council 10, 11, 12
Hockey 9, 10, 12
Ultimate Frisbee 10, 11, 12 (Captain)
Acafella 11, 12
Lyrics 11, 12
I Cantori 12

"Quitting isn't the last option... it's not an option."

"Welcome to man-town."
- Chris Nuzzo

Caitlin Izzo

Caitie, Izzo, Iz

Soccer 9, 10
Basketball 9, 10, 11, 12
Lacrosse 9, 10, 11, 12

"Invitation only, grand farewells, crash the best one, of the best ones, clear drinks and cloudy eyed, too early to say goodnight."
- Dashboard Confessional

Alexa Jacquemin

Allie

Cross Country 9, 10, 11, 12
Indoor Track 9, 12
Softball 10

"Memory is a way of holding onto the things you love, the things you are, the things you never want to lose."

Chelsea Janes

Varsity Softhall 9, 10, 11, 12
JV Basketball 9, 10
Vice President 9
Secretary 11, 12
Wind Ensemble 11, 12
Jazz Ensemble 11, 12
Pep Band 9, 10, 11, 12
Pep Band Conductor 12
NHS Secretary 12
As Schools Match Wits 10, 11, 12

"Some people listen to themselves, rather than listen to what other people say. These people don't come along very often, but when they do they remind us that once you set out on a path, even though critics may doubt you, it's OK to believe that there is no can't, won't, or impossible. They remind us that it's OK to believe that impossible is nothing."

Sarah Janes

Ser, Bear

SADD 10, 11, 12
Volleyball 9, 10, 11, 12 (Captain)
Yearbook 10, 11, 12 (Editor-In-Chief)

"For what you want, above all things on a raft, is for everybody to be satisfied, and fee right and kind towards the others."
- The Adventures of Huckleberry Finn

"It isn't by size that you win or you fail.
Be the best of whatever you are."

"Brothers and sisters,
do not be weary in doing what is right."
- 2 Thessalonians 3: 6-13

Jason Jordan

"Class of 2008...Wear sunscreen!"

"If I could offer only one tip for the future, sunscreen would be it."

"Do one thing that scares you."

"Don't waste your time on jealousy, sometimes you are ahead, and sometimes you are behind."

"Remember compliments you received; forget the insults!"

"Life is precious; live to the fullest."

Dnyanesh Kanake

Lauren Karas

China Club 10
Cross Country 9, 10
Outdoor Track and Field 9, 10, 11
SADD 10, 11
Yearbook 11, 12

"I owe my success to having listened respectfully to the very best advice, and then going away and doing the exact opposite." - G.K. Chesterten

Joseph Katz

JFK

Football 9
Basketball 9, 10, 11, 12
JCC Basketball (Captain 11, Commissioner 12)
Senior Class Play

"How do you know what you're going to do until you do it?" - J.S. Sallinger

"Pillows are designed for relaxation, if they're fightings what hope do we have?" - Demetri Martin

Nathanael Kearse

Foothall 10, 11, 12
Outdoor Track 10, 11, 12
Lancer Iron Cluh 12

"You can make me hurt, make me bleed, stomp on me when I'm down but in the end I will rise above you. And while you're sitting there wondering how I did it, remember I'm better than you because I wanted it more and I've sacrificed more. So if you think you have a chance, hy all means step up to the plate so I can knock you hack to reality." - Dave Bergeron

Jeffrey Kelly

Stock Club 12
Ultimate Frishee 11, 12
BPA 10, 11, 12 (Secretary 12)
Key Cluh 10, 11, 12
Outing Cluh 12

"So much on my mind I just can't recline
Blastin holes in the night till she hled sunshine
Breathe in, inhale vapors from bright stars that shine
Breathe out, smoke retrace the skylines
Yo don't the bass ride out like an ancient mating call
I can't take it y'all, I can feel the city breathin
Chest heavin, against the flesh of the evening
Sigh before we die like the last train leaving."

Peter Kenney

Sean Kenney

S-Money, Gnar-Gnar, Kenney, Stoop Kid

Indoor Track 9, 10
LHS Futbol 10
Ultimate Frisbee 10, 11, 12
Acafella 11, 12 (Director)
Lyrics 12
East Asia Society 10, 11, 12
Impressions 11, 12
German Club 11, 12
Jamin 9, 10, 11, 12
Surfin 9, 10, 11, 12

"Without love we perish." - Dave Rastovich
"Any fool can make a rule, and any fool will mind it." - Thoreau
"We'll push, we'll shove, and place ourselves above our species." - Sean McMahon
"Are you serious Pat!? I'm seriously about to cry right now, come lick this off!" - Tom Bearce

Sohee Kim

Mock Trial 9, 10, 11, 12
Model UN 11, 12
AFS 11, 12
GSA 10, 11, 12

"God, grand me the serenity to accept the things I cannot change, the courage to change the things I can, and the wisdom to know the difference."

Dana Knoll

Interact 9, 10, 11, 12
Track and Field 10
Art Club 9

"You can't have a better tomorrow if you are thinking about yesterday all the time."

No Photo Available

Mark Kofman

Basketball 9, 10, 11, 12

Jonathan Kolb

Jon, Jonny, Kobe

Football 9, 10, 11, 12 (Captain)
Lacrosse 9, 10, 11
Basketball 9
The Republican - Paper Boy 9, 10, 11, 12

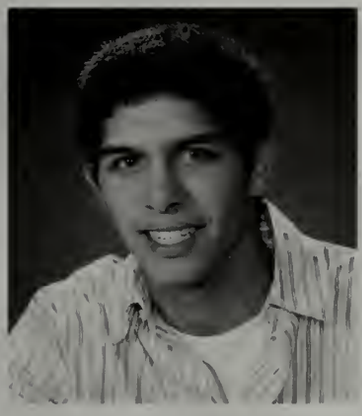
"If God had wanted man to play soccer, he wouldn't have given us arms."
- Mike Ditka

Gabrielle Krach

Gab, Gabrielle Katrina

Field Hockey 9, 10, 11
LHSFH2K7 12 (Captain)
Indoor Track 9, 10, 12
Outdoor Track 9, 10, 11, 12
Key Club 9, 10, 11, 12
National Honor Society 11, 12

"You gotta take the good with the bad, smile with the sad, love what you got, and remember what you had, always forgive, but never forget, learn from mistakes, but never regret. People change and things go wrong. But always remember, life goes on."



Ian Krach

Krachodile, Kracher Spaniel

Indoor Track 9
Baseball 9, 10, 11, 12

"Lifes a garden, dig it!"
- Joe Dirt

"The game isn't over until it's over."
- Yogi Berra

"Baseball is the only field of endeavor where a man can succeed three out of ten and be considered a good performer."
- Ted Williams

Kelly Kreinest

Kel

Softball 9, 10, 11
JCC 12

"Take what you can from your dreams, make them as real as anything."
- Dave Matthews Band

Nikolas Kroisi

Kroisov, Nikolai Khabibulan

Hockey 11
Lacrosse 9, 10

"Anything less than the best is to sacrifice the gift." - Pre Fontaine

"If you score on Tretiak, keep the puck." - Herb Brooks

Benjamin Kronlund

Krons, Kron Job, Kron-dog

Cross Country 9, 10, 11, 12
Unofficial Frisbee Team 11, 12

"We all make choices...but in the end, it is our choices that make us,"
- Andrew Ryan

"If you ain't laughing, you ain't living."
- Carlos Menda

Jacqueline LaCombe

Jackie

Eliana Lakritz

Ellie, El, Bel

Ultimate Frisbee 11, 12
Outdoor Track and Field 10
Drama Club 9
Key Club 10, 11
Impressions 12
NHS 11, 12
All-State Chorus 11
Senior District Chorus 11
Senior Class Play
Lyrics 11, 12

"If I ever die of a heart attack, I hope it will be from playing my stereo too loud."

Dominique Laliberte

Dom, DLalib, D, Sma

Cross Country 9, 10, 11, 12 (Captain)
Swimming 9, 10
Outdoor Track 9, 10
Ultimate Frisbee 11, 12
French Club 9, 10, 11, 12
Outing Club 12
NHS 11, 12
Powder Puff 12

"Keep livin' your dream."

"There are no shortcuts to any place worth going."

Matthew Lantzakis

Lacky, Lack-attack, Lackness Monster

"Life's rough, wear a helmet."

Alexander Latka

Latka, Alexo, A.I.

Swimming 9, 10, 11, 12
Ultimate Frisbee 12
Lifeguard 10, 11, 12

"Success is not final, failure is not fatal. It is the courage to continue that counts." - Winston Churchill

Jennifer Levy

Jenn, Jenni, JMSC, Jevy, Jennilove

Artistic Dance Conservatory 9, 10, 11, 12
Key Club 9, 10, 11, 12
Yearbook 10, 11, 12
Senior Class Play
Powder Puff

"Where I go I just don't know
I got to, got to, gotta take it slow.
When I find my piece of mind,
I'm gonna give you some of my good time."
-Red Hot Chili Peppers

Kara Levy

KK, KLev, KAL

Yearbook 9, 10, 11, 12
Outdoor Track 9
Key Club 9, 10, 11, 12
Interact 9
Whispering Horse 10, 11, 12
Senior Class Play
Powder Puff

"If you're doing no harm, then you're alright with me."- Ben Harper

Samuel Lewis

Lu Dog

Jazz Emsemble 9, 10, 11, 12
NHS 11, 12
Voluntcer Wind and Brass Orchestra 10, 11, 12
LHS Democrats Club 11, 12
Mock Trial 12
National Society of High School Scholars 10, 11, 12

"So would all who have lived to see such times, but that is not for them to decide. All we have to decide is what to do with the time that is given to us." - J.R.R. Tolkein

Tommy Li

Ultimate Frisbee 10, 11, 12
Varsity Swimming 10
Indoor Track 11, 12
American Field Services 9, 10 (President)
Lifeguarding 9, 10, 11, 12
Nursing Home Orchestra 9, 10, 11, 12
Senior Class Play (Conductor)

"The love you take is equal to the love you make."
- The Beatles

Harrison Liebman

H-Bombs

Indoor Track
Outdoor Track
Camp Ramah (Tech Staff)

"You have to accept whatever comes and the important thing is that you meet it with courage and with the best you have to give."
- Eleanor Roosevelt

Peter Login

Pedro, Petey, Pitry, Mike, P-dawg Cell

Indoor Track 9, 10, 11, 12
Ultimate Frisbee 10, 11, 12
Slow Children 11, 12 (Captain)
Lacrosse 9
Key Club 10, 11, 12
CCD Teacher 11, 12
Senior Class Play (Co-Producer)

"To win in this league, you have to score more than the other team." - John Madden

"Are you serious Pat?? Pat!! Lick it off!"
- Potter

Michelle Loizzo

Mieshy

Indoor Track 10, 11, 12 (Captain)
Lacrosse 9, 10, 11, 12

Frances Lonergan

Fran, Franny

Cross Country
Track and Field 9, 10, 11, 12
Indoor Track 10
Interact 9, 10, 11, 12
East Asian Club 9, 10, 11, 12
Mock Trial 11, 12
French Club 11, 12
Senior Class Play

"Tough times don't last, but tough people do."

"Strangers are just family you have yet to come to know." - Mitch Albom

Andrew MacKenzie

Drew

Longmeadow Country Club
(Grounds Crew)

"I found that if you have a goal, that you might not reach it. But if you don't have one, then you are never disappointed. And I gotta tell ya... it feels phenomenal." - Peter LaFleur

Mollie Mackler

Moll, Molls, Macks, Mackler, Mackles

Lacrosse 9, 10, 11, 12
Soccer 9, 10, 11, 12 (Captain)
Basketball 9, 10, 11, 12 (Manager)
Interact Club 10, 11, 12
Impressions 10, 11, 12
Class Marshall 11

"Mackler, are you out of your mind?"
- Coach Alex Rotsko

"The friends who grew up with you deserve a specia respect. The ones who stuck by you shoulder to shoulder, in a time when nothing was certain, all life lay ahead, and every road led home."
- The Wonder Years

"An eye for an eye makes the whole world blind."
- Mahatma Gandhi

Eric Mallows

Lobes, Flallows

Football 9, 10, 11, 12
Wrestling 11
Baseball 9, 10, 11
JCC Basketball 12

"Live each day as if it is your last."

Jenna Mancuso

Cuso

Field Hockey 9, 10, 11
LHSFH2K7 12 (Captain)
Lacrosse 9
Indoor Track 9
Key Club 11, 12

"Take what you can from your dreams, make them as real as anything."
- Dave Matthews Band

Brian Mangan

Alissa Mariano

Lala

Horseback Riding
Key Club 9, 10, 11, 12
Wreslting Manager 11, 12
NHS 11, 12
Seniors Class Play
Powder Puff Army

"The purpose of life is to live it, to taste experience to the utmost, to reach out eagerly without fear to newer and richer experience." - Eleanor Roosevelt

Nicholas Marinelli

Cupcakes, Nelli

French Club
Deutsh Club
Science League
Ultimate Frisbee

"If the problem has a solution, worrying is pointless, in the end the problem will be solved. If the problem has no solution, there is no reason to worry, because it cannot be solved."
- Zen Proverb

Casey Markenson

Ultimate Frisbee (Captain)
Varsity Cross Country
Indoor Track
Jet Jotter (Centerfold Editor)
Impressions
East Asia Club
Deutsch Klub
Don't Just Sit There
National Honor Society

"Human beings are not born one and for all on the day their mothers gave birth to them, but life obliges them over and over again to give birth to themselves."
- Gabriel Garcia Marquez,
Love In The Time of Cholera

Brendon Maryou

East Asia Club 11, 12

Siobhan Matty

Interact 10, 11, 12
Interact Treasurer 12
Yearbook 11, 12
NHS 11, 12
NHS Community Service Chair 12
Outing Club 12

"Assert your right to make a few mistakes. If people can't accept your imperfections, that's their fault."

"When you're young, your whole life is about the pursuit of fun. Then, you grow up and learn to be cautious. You could break a bone or a heart. You look before you leap and sometimes you don't leap at all because there's not always someone there to catch you. And in life, there are no safety nets"

Andrew McCormack

Mack, A-Mack

Track and Field 10
Ultimate Frisbee 11, 12
Crew 12
Outing Club 12
Acafella 12
Orchestra 9, 10, 11, 12
Lyrics 12

"Live as if you were to die tomorrow, Learn as if you were to live forever."

Jessica McCoy

Jess, J, J-mac

Volleyball 9, 10, 11, 12
Basketball 9, 10
Lacrosse 9, 10

Sean McDermott

Dermz, The Dermatologist

Hockey 10, 11, 12 (Captain)
Lacrosse 9, 10
Tailgaiting 11, 12

"Life is one big road with lots of signs. So when you're riding through the ruts, don't complicate your mind. Flee from hate, mischief and jealousy. Don't bury your thoughs, put your vision to reality. Wake up and live."
- Bob Marley

"If any man says he hates war more than I do, he better have a knife, that's all I have to say."
- Jack Handy

"I hope that someday we will be able to put away our fears and prejudices and just laugh at people."
- Jack Handy

Thomas McDonald

Tom, TMac, Q, Lightbulb

Hockey 9, 10, 11, 12
Soccer 9, 10
Track 9
BPA 10, 11, 12

"Keys open doors." - Clipse

"Get down on your knees and thank God you're still on your feet."
- Irish Proverb

Sean McDonough

Mc-Diesel, Ramon

Football 9, 10, 11, 12
Lacrosse 9, 10, 11, 12
BPA 11
Student Council 12 (Vice President)
Braveheart 12

"Truth hurts. Maybe not as much as jumping on a bicycle with a seat missing, but it hurts."

"I don't throw darts. I bet on sure things." - Gordon Gekko

Sam McGrath

Bird, Bubs, McG

Football 9, 10, 11, 12 (Captain)
Basketball 9, 10, 11, 12
Lacrosse 9, 10, 11, 12 (Captain)
Key Club 10, 11
NHS 11, 12
BPS 11
Urban Golf 11
Braveheart 12

"Wage peace." - State Radio

"I work these fields so long
that the everyday worries seem to fade away.
It's like all there is in the world,
and I wouldn't want to have it any other way."
- Barefoot Truth

"Uhhhmm... Boo?? WHOAAA!!" - Dan Ryan

Arthur McKeithen

Artie

Drama Club 9, 10, 11, 12(Vice President)
Mock Trial 12
Yearbook 11, 12
German Club 11, 12
East Asia Society 10, 11, 12
Unity Club 9, 10, 11, 12
Jet Jotter 10, 11, 12
Men's Chorus 9
Lyrics 10, 11, 12
I Cantori 11, 12
Senior District Chorus 9, 10, 11, 12
All-State Chorus 9, 10, 11,12
All-State Jazz Choir 11, 12

"Strive for the best, never settle for less until your good is better and your better is best"

Matthew McLean

Matt, McLeaner, Doomba, Mizat

JV Golf 9

Brian Mernoff

Swim Team 9
Water Polo Club 9, 10, 11, 12
Science League 9, 10, 11, 12
Senior District Band 9, 10, 11
National Honor Society 11, 12
Lifeguard 10, 11, 12
Music Mentorship Program 9, 10, 11, 12
White Water Kayaking 9, 10, 11, 12

"Todo es posible." - Senora Alves

"Extraordinary claims require extraordinary evidence." - Carl Sagan

Gillian Mertens

Gill, Gilly

Water Polo Club 10, 11, 12
Lifeguard 10, 11, 12
German Club 12

"Love takes off masks we fear we cannot live without and know we cannot live within." - James Baldwin

Brett Methe

Methe, B. Meth

Baseball 9
Ultimate Frisbee 11

"What do you wanna do?"

"He who laughs last, thinks longest."

Christopher Michael

Rollerblade, Cmike, Chris

Football 9, 10, 11, 12
Baseball 9, 10, 11, 12
JCC Basketball 10, 11, 12
BPA 12
Knitting Club 9
Braveheart 12
Senior Class Play

"Scoop and score."

Julia Miehm

Jules, Miehm, Miehmer

Field Hockey
LHSFH2K7 (Captain)
Basketball
Lacrosse
Symphony Orchestra
Accidentals

"Live each season as it passes; breath the air, drink the drink, taste the fruit, and resign yourself to the influences of each." - Henry David Thoreau

"12:07"

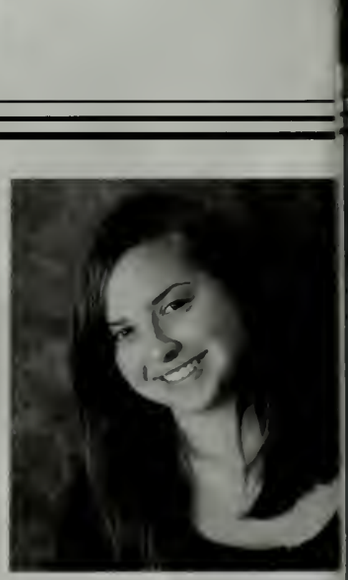
Madeline Miller

Maddy, Maddy Potter, Valborg

Cheerleading 9, 10, 11, 12

"Love the life you live, live the life you love." - Bob Marley

"Best friends and minivans."



William Mooney

Hockey 9, 10, 11, 12

"Great moments are born from great opportunities" - Herb Brooks

"Dream your dream, then do your best. Never doubt and never rest until that dream is yours...for the ones who fail are those who do not try.
Dream, believe, achieve."

Devin Moreland

East Asia Club 12

Robert Murphy III

Bobby

Hockey 9, 10
Football 9, 10, 11, 12
Track and Field 11, 12
BPA 11, 12

Alyssa Neville

A. Nev

Indoor Track
Outdoor Track
Senior Class Play

"If you've focused on what you've left behind, you will not be able to see what lies ahead. Now go up and look around!" - Ratatouille

Axel Nilsson

Carl, Swede

Football 9
Hockey 9, 10, 11, 12 (Captain)
Baseball 9,10
Tennis 11, 12

"The dude abides."
- The Dude

"What a drag it is getting old"
- Rolling Stones

Zachary Nuzzo

Zack, Nuzzo, Ducky, Spike, Z, Zack Attack, Snooz-o

Football 9, 10
Wrestling 9, 10
Indoor Track 11
Lacrosse 9
Ultimate 10, 11, 12
Slow Children 11, 12 (Captain)
Key Club 11, 12

"Don't take life too seriously, you'll never get out of it alive."

"Harness the Gnar."

"Who booted?"

"Think your brother would mind if I hopped on top and gave it the old reach around?" - Potter

Erin O'Brien

Far away there in the sunshine are my highest aspirations. I may not reach them, but I can look up and see their beauty, and try to follow where they lead." - Louisa May Alcott

Simon Odentz

Sodentz, Odie

Ultimate Frisbee 11, 12 (B-Team Co-Captain)
German Club 11, 12 (Treasurer)
Rugby 12

"It's bound and it's willing to explode, and that's alright!" - Modest Mouse

"What matters most is how well you walk through the fire." - Charles Bukowski

"I'm coming down fast but I'm miles above you." - The Beatles

Ari Okun

Ari, Sonic Boom

Varsity Baseball 10, 11, 12
Varsity Softball 11, 12

"'Insert name,' yeh stiff!"
- Coach Mayo

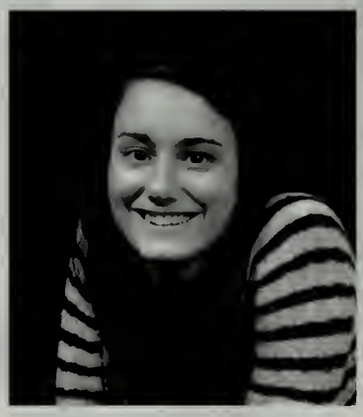
Elizabeth Olney

Beth

Key Club 9, 10, 11, 12
NHS 11, 12
Accidentals 12

"I've missed more than 9,000 shots in my career. I've lost almost 300 games, I've bee trusted to take the game winning shot and missed. I've failed over and over again in n life. And that is why I succeed."
- Micheal Jordan

"It ain't over till it's over."
- Yogi Berra



Elizabeth Orr

Lizz, E. Orr

Basketball 9, 10
Interact 9, 10
Abercrombie 11, 12

"I live to love and laugh a lot and that's all I need." - Kenny Chesney

"Life's a garden, dig it." - Joe Dirt

Michael Papale

Mike, MPaps

NHS 11, 12 (Treasurer 12)
Concert Band 9
Wind Ensemble 10, 11, 12
Skating 9, 10, 11, 12

"The greatest accomplishment
is not in never falling,
but rising everytime you fall."

"Bide your time, for success is near."

James Pappas

Tennis 9, 10, 11, 12

"*Cornbread*...ain't nuthin' wrong with that!" - Chris Rock

David Parker

Cross Country 9, 10, 12
Indoor Track 10, 11
Senior Class Play Backdrop Designer 12
Art Club 10
Enviornmental Club 12

"Well over there there's friends of mine. What can I say, I've known them for a long long time. And yeah they might over step th line, but I just cannot get angry in the same way."

"Successful people take pride in their work."

Gavin Parker

Football 9, 10, 11, 12
Lacrosse 9, 10, 11, 12
Ski Team 9, 10, 11, 12 (Captain)
Class Vice President 10, 12
Braveheart 12

"Bob: Looks like you've been missing a lot of work lately.
Peter: I wouldn't say I've been missing it, Bob." - Office Space

"He who is not courageous enough to take risks will accomplish nothing in life." - Muhammad Ali

Melanie Pascal

Class Treasurer 9, 10, 11, 12
NHS 11, 12
NHS Tutoring Chair 12
Powder Puff
Aquabears Club Swimming 9, 10, 11, 12
Swim Team 11, 12 (Captain)

"Imagination is more important than knowledge." - Albert Einstein

Rachel Patel

Raquel

Impressions 9, 10, 11, 12
Jet Jotter 9, 10, 11, 12
Math Team 9, 10, 11, 12
Accidentals 9, 10, 12
LSO 10, 11, 12

Jordyn Peck

JLP

Volleyball 9, 10
Tennis 9, 10, 11, 12
BPA 11
Stock Club 11, 12
Outing Club 12

"I wanted a perfect ending. Now I've learned, the hard way, that some poems don't rhyme, and some stories don't have a clear beginning, middle, and end. Life is about not knowing, having to change, taking the moment and making the best of it, without knowing what's going to happen next."

Robert Petroff

Men's Chorus 9, 10, 11, 12
Outdoor Track 9, 10, 11, 12
Youth Track Coach 9, 10, 11, 12
AFS Club 10, 11, 12
Cross Country 9, 10, 11, 12
Key Club 9, 10, 11, 12
Student Advisory Council 11

"I'm a great believer in luck and I find the harder I work, the more I have of it." - Thomas Jefferson

"Listen to the mustn'ts, child. Listen to the don'ts. Listen to the shouldn'ts, the impossibles, the won'ts. Listen to the never haves, then listen close to me...Anything can happen, child. Anything can be."
- Shel Silverstein

Katerina Phillips

Katie, KP

Lacrosse 9, 10, 11, 12
Field Hockey 9, 10, 11
LHSFH2K7 12 (Captain)

"Everything will be right in the end, and if it's not right...it's not the end."

Erica Pierre-Pierre

Outdoor Track and Field 9
Volleyball 10, 11
Interact Club 11
Senior Class Play
Powder Puff

Melinda Pinto

Tiny, Sprockett

East Asia Club 9, 10, 11, 12
Interact Club 9, 10, 11, 12
Drama Club 9
Rough Draft 12
Orchestra (Violin) 9, 10, 11, 12
Ballet
Pep Band 10, 11, 12
LHSFH2K7 12 (Manager)

"I'm not vain, I simply have high self esteem."

"That's going pretty fast for a row boat."

"Heart on fire, brain on ice."
- Mr. Mucci

"So if I die today I'll be the Happy Phantom."
- Tori Amos

Donna Pohli

DPo, Fogata, Red

RAD 9, 10, 11, 12
Youth Group 9, 10, 11, 12
Volleyball 9, 10
Youth Outdoor Track Coach 11, 12
Waterpolo 11, 12
Powder Puff Army
Spanish Club President 12

"Life is not measured by the breaths we take, but by the moments that take our breath away."

"Learn from yesterday, live for today, hope for tomorrow." - Albert Einstein

"We make a living by what we get, we make a life by what we give."
- Sir Winston Churchill

Margaret Poisson

Marg

Tennis 9, 10, 11, 12 (Captain)
Indoor Track 10, 11, 12
NHS 11, 12
Key Club 10, 11, 12

Daniel Polaski

Big Dan

Football 9, 10, 11, 12
Basketball 9, 10, 11, 12
Track 12
King Yen Chinese Restaurant 9, 10, 11, 12

"Champions aren't made in gyms. Champions are made from something they have deep inside them - a desire, a dream, a vision. They have to have last-minute stamina, they have to be a little faster, they have to have the skill and the will. But the will must be stronger than the skill."
- Muhammad Ali

Rebecca Pratt

Becca

Figure Skating 9, 10, 11, 12
Figure Skating Coach 10, 11, 12

"It's when you don't win that you learn things about yourself. Everything I have gone through has made me who I am today." - Sasha Cohen

Courtney Preston

Grapevine 11, 12

"One of God's own prototypes. Some kind of high powered mutant never even considered for mass production. Too weird to love, too rare to die."
- Raoul Duke

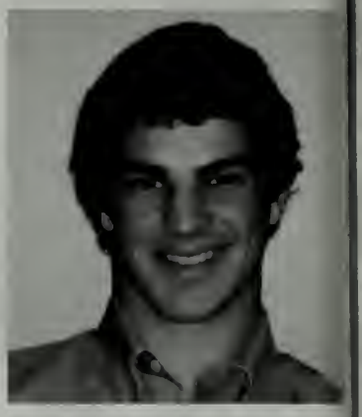
Nicholas Rabideau

Rabs

Hockey 9, 10, 11, 12
Golf 9
Baseball 9
Twin Hills Staff 11, 12
Hockey Referee 10

"He's toooo fast."

"If you ain't first, you last."



Rae Rasmussen

Harrison Rea

Eugene, Gerald, Geraldo Rivera

Indoor Track 10
Outdoor Track 10, 11, 12

"Everything we shout, we about."

"I earned my stripes like I played with the Bengals."

"A gentleman never asks,
and a lady never tells."

James Reardon

Reardon

Varsity Lacrosse 9, 10, 11, 12 (Captain)
Football 9, 12
Soccer 10
JCC Basketball 11, 12
Knitting Club 9
BPA 10, 11, 12
Stock Club 12
Peer Leadership 10, 11
Senior Class Play
Powder Puff
Braveheart 12
Secret Gaming Society 12 (Founder, President)

"Sometimes life is the greatest adventure."

"If you argue correctly, you're never wrong."

"Life's a garden, dig it." - Joe Dirt

Sarah Reid

Reid, Sreid

NHS 11, 12
Powder Puff Army

"The time you enjoy wasting,
is not wasted time."

Patrick Reusch

Hannah Reuter

Kiki

Senior Class Play Director
Drama Club 9, 10, 11, 12 (President)
Ultimate Frisbee 11, 12
French Club 9, 10, 11, 12
Indoor Track

"Celebrate we will, life's short but sweet for certain." - Dave Matthews

"He saw my complications and mirrored me back simplified, and we laughed how our perfect world will always be denied." - Joni Mitchell

Kristy Riley

Key Club 9, 10
Outdoor Track 11
Football Manager 10, 11, 12

"Smile like you mean it, and let yourself go. "

Jamie Rosenkrantz

Jam

Indoor Track 9
Outdoor Track 10
Key Club 9, 10
Interact Club 11, 12
Lifeguard 12
Skiing

"And in the end, it's not the years in your life that count. It's the life in your years." - Abraham Lincoln

Anna Russo

International Club 9, 11, 12
Interact Club 10, 11, 12
Mock Trial 12

"Put yourself into life and never lose your openness, your childish enthusiasm throughout the journey that is life, and things will come your way." - Federico Fellini

Bretta Ryan

"If you only remember one thing in life, remember this: what's meant to be will always find a way, no matter what, time tells all, act on good impulses, don't quit, never ignore butterflies, and live without regret."

"Years from now I won't remember every Friday night of the things that made us laugh until our stomachs hurt but I will always remember the ones who were there."

Ryan Rzepka

Zep, RP, Chippy

Ultimate Frisbee 9, 10, 11, 12 (Captain and Coach)
Indoor Track 9, 10, 11, 12
Soccer 9, 10
Lyrics 11, 12

"Straight plow."

"Excellence is never an accident; it is the result of high intention, sincere effort, intelligent direction, skillful execution and the vision to see obstacles as opportunities."

Nina Santaniello

Neen, Neener, Weiner, Neener-Beans

B.P.A 11, 12 (Secretary)
Student Council 10 (Secretary)
Artistic Dance Conservatory 9, 10, 11, 12
Outdoor Track 9, 10, 11
Indoor Track 10, 11, 12
JV Soccer 9, 10, 11 (Varsity Manager)
S.A.D.D 10, 11, 12
Yearbook 11, 12
Senior Class Play
Powder Puff Navy
Accidentals 12

"Live for the moment, laugh often, be immature, do anything and everything.
If it's something you regret in the morning... sleep late."

Kate Sapirstein

Jet Jotter 9, 10, 11, 12
Impressions 9, 10, 11, 12
Women's Chorus 9
La Cappella 10, 11
NHS 11, 12
B'nai Tzedek Youth Foundation Board 11, 12
JVibe Teen Advisory Board 12

"Never be afraid to do something new. Remember, amateurs built the ark, professionals built the Titanic."

Marie Sato

Concert Band 11, 12

"Remember your original intention."

Kimberly Schmidt

Kimi, Kim, Schmidty

Soccer 9, 10, 11 (Captain), 12
Swimming 9, 10, 11, 12
Diving 9, 10, 11, 12 (Captain)
Outdoor Track 9

"Too often we underestimate the power of a touch, a smile, a kind word, a listening ear, and honest compliment, or the smallest act of caring, all of which have the potential to turn a life around."
- Leo Buscaglia

"And in the end it's not the years in your life that count. It's the life in your years."
- Abraham Lincoln

Collin Schmitt

Schmitt, Schmitty

Football 9, 10, 11, 12
Lacrosse 9, 10, 11, 12
Pura Vida 11
Senior Class Play
Braveheart

"You only go around once."
- Larry Schmitt

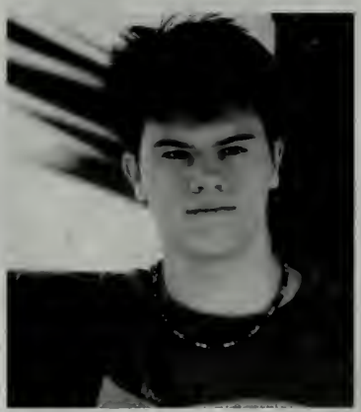
"You got to be living."
- Dispatch

"Never let school get in the way of your education."
- Mark Twain

Helen Schnaper

Football Manager 9
Field Hockey 10
Volleyball 11
Crew 12
Indoor/Outoor 9, 10
French Club 9, 10, 11, 12
Student Council 11

"Be the change you want to see in the world."



Tyler Seabury

Nicholas Sergentanis

Nick, Serg, Sergio, Shorty

Football 9
Baseball 9
Wrestling 9, 10, 11, 12
BPA 10, 11, 12

"Are you good?"

"Who are you to point fingers, when your hands are not clean."
- Bob Marley

Kristyn Setterstrom

KSett, Christina Aguilera, Xtina

Field Hockey 9, 10, 11
Skiing 9, 10, 11, 12
Track and Field 9
Softball 10
Outing Club 12
Panera Bread 11
Greenwood Camp Counselor 10, 11, 12
Babysitter 9, 10, 11, 12

"Friendship is the perfection of love, and superior to love; it is love purified, exalted, proven by experience and a consent of minds." - Samual Richardson

Jessica Shapiro

JShaps, Wesley

Soccer 9
Cross Country 12
Track and Field 9, 10, 11
Indoor Track 9, 10, 11, 12
Frisbee 12
Key Club 11, 12
Environmental Club 12
NHS 11, 12
French Club 12
Senior Class Play
Powder Puff Navy

"Do what you like, like what you do. Life is good."

"Pain is weakness leaving the body."

Daniel Shemesh

Shem, Mike, Sebastian

Soccer 9, 10
Indoor Track 11, 12
Ultimate Frisbee 9, 10, 11, 12
(Captain and Coach)

"Straight plow."

Matthew Sherman

Sherm, Squirm, Nessy

Baseball 9, 10, 11, 12
Football 9, 11, 12
Basketball 9, 10, 11, 12 (Captain)
BPA 12
Twin Hills Maintenance 9, 10, 11, 12
Braveheart 12

"The price of success is hard work and dedication, and the determination that whether we win or lose, we've applied the best of ourselves to the task at hand." -Vince Lambardi

"Here's what's gonna happen, Paco, King Mussabi's gonna have some flavor. I'm gonna choose not to eat with you... I like to recharge my batteries and shut down the engines, and get myself back to neutral." - Vince Vaughn, Wedding Crashers

Jessica Shvakhman

J. Shvak, Jess

Cross Country 9
Key Club 9
Concerrt Band 9, 10, 11, 12
Ultimate Frisbee 11, 12
Indoor Track 11
Semolina Bread Company 12

Gavin Sidman

Gav, Vin, Sidman

Twin Hills 10
The Bottle Shop 11, 12

"I'm a firm believer in the theory that people only do their best at things they truly enjoy. It is difficult to excel at something you don't enjoy."
- Jack Nicklaus

Bruce Simmons

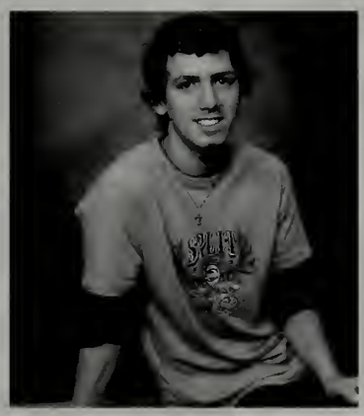
Brucie, Sims

Baseball 9, 10, 11, 12
Wrestling 11
Lifeguarding 10, 11, 12

"Life is not the amount of breaths you take, it's the moments that take your breath away."

"Good friends are like stars... you don't always see them, but you know they are always there."

"We make a living by what we get, we make a life by what we give."



Alexandra Skole

Alex, Al, Mo, Fixie

Volleyball 9, 10, 11, 12
Track and Field 9, 10
Swimming 9
Women's Chorus 9
La Cappella 10, 11, 12
Powder Puff
Senior Class Play

"Every story has an end. But in life, every ending is just a new beginning."
- Uptown Girls

Ethan Sobel

Sobelt, Sobeloni

Yiddish Club 10, 11, 12 (President and Co-Founder)
NHS 11, 12
Symphony Orchestra 9, 10, 11, 12
Chamber Orchestra 10, 11, 12

"You worry about tomorrow, and tomorrow never comes."

"Indeed."

"Things, they are a changin'."

"Life's like a box of chocolates, you never know which one you're gonna get."

Emily Stankiewicz

Lacrosse 9, 10, 11, 12
Basketball 9, 10, 11, 12
Key Club 9, 10, 11

"A day without laughter is a day wasted." - Charlie Chaplin

Rachel Stein

Varsity Swimming 9, 10, 11, 12
Varsity Tennis 9, 10
Ultimate Frisbee 11, 12
Impressions 10, 11, 12 (Literary Editor)
Drama Club 10, 11, 12 (Treasurer)

"This is life, not heaven.
You don't have to be perfect. . ."
- Gia

"Careful with that hair scrunchie."
- Daria

Todd Stewart

Stew, TStew, Lobi

Baseball 9, 10, 11, 12 (Captain)
Western Mass Wolverines Baseball 11, 12
Men's Chorus 9, 10, 11, 12
Acafella 11, 12
Graduation Marshall 11
Senior Class Play

"Whether you think you can or you can't, either way you are right."
- Winston Churchill

"All the power is from within and therefore under control."
- Robert Collier

Timothy Suber

Subes

JCC Basketball 10, 11, 12
Six Flags 10, 11
Unity Club 9, 10, 11, 12 (President)
Friendly's 12

"Take time out of each day and think what T. Subes is thinking, and you will be one step closer to greatness."
- Subes

"Big people do big things in big situations."
- Cameron Green

"Aim for the moon because even if you miss you will land amongst the stars."

"Some games you play, some games play you."
- Big T. Subes

Charlie Sullivan

Chucky, Charles

Lacrosse 9, 10, 11, 12 (Captain)
Foothall 9
Soccer 10
B.P.A. 10, 11
Stock Club 11, 12
Knitting Club 9
JCC Basketball 11, 12 (Captain)
Braveheart

"Great googly moogly that thang is juicy."
- Dan Ryan

"Life's a garden, dig it!"
- Joe Dirt

"Oh Talbot's here, now it's a sketchy party."

Timothy Suzor

Golf 11
Deutsch Klub 11, 12
Latin Club 11
Interact Club 10, 11, 12
Impressions 11, 12
Outing Club 10
NHS 11, 12

"Be as great in act,
as you have been in thought."
- William Shakespeare

Joshua Taniwha

The New Zealand Kid

Drama Club
Interact Club
Theatrix
Six Flags

"Be careful, the back side of a needle is also sharp."

Miriam Thau

Mir, Mum

Outdoor Track 10
Key Club 9, 10, 11
Ultimate Frisbee 11, 12
NHS 11, 12
Longmeadow Flowers 12

"Laugh at yourself first, before anyone else can."
- Elsa Maxwell

Jacqueline Therrien

Jackie, Jack, Woman, Stool Pigeon

Indoor & Outdoor Track 10, 11
Ultimate Frisbee 11, 12
Drama Club 9, 10, 11, 12
Crew 12
Photography 9, 10, 11, 12
Impressions 11, 12
Yearbook 12
Jet Jotter 12
Ballroom Dancing 11, 12

"It's a nice day for a liftoff." - JT

"Well-behaved women rarely make history."

Paige Tobin

Pooge, P.Tobes, Paigey

Ski Team 9, 10, 11, 12
Football Manager 10, 11, 12
Senior Class Play
Powder Puff Army

"The most wasted of all days is one without laughter." - E.E. Cummings

Christopher Toebes

Chris

Lifeguard

Monica Torpey

Mons, Mon, Montorp, Moni, Mono, Torpedo, T-rex

Youth Group 9, 10, 11, 12
Drama Club 9, 10, 11, 12
Soccer 9
Swimming 9
Ultimate Frisbee 11, 12
Women's Chorus 9
La Capella 10, 11
Accidentals 10
Lyrics 12
Jet Jotter 11, 12
International Club 11, 12

"I am what I am." - Red Hot Chili Peppers

Alexander Tougias

A-Toug, Toga Party, Tougi, McFly

Baseball 9
Football 9, 10, 11, 12
BPA 10, 11, 12
Outing Club 12
Big Y 10, 11, 12

"It's not whether you get knocked down, it's whether you get up."
- Vince Lombardi

"Getcha popcorn ready." - T.O.

Lauren Tower

Interact Club 11, 12
Key Club 12
Senior Class Play
Powder Puff

"Life is like a box of chocolates, you never know what you're gonna get."
- Forrest Gump

"An eye for an eye makes the whole world blind."
- Mahatma Ghandi

"Take care of all your memories, for you can never relive them."
- Bob Dylan

Lauren Trank

Lo

You never really know what you have until it's gone."

"If you're not following your heart, you're living someone else's dream."
- Lyn Christian

Richard Travers

Stewie, Diesel, Richie

Hockey 10, 11, 12
Lacrosse 9, 10, 11, 12
Stock Club 11, 12 (Vice President)
Braveheart 12
Senior Class Play

"Not all who wander are lost."

"The greatest pleasure in life is doing what people say you cannot do."

"My lungs are shot, hey, I quit."
- Nik Kroisi

Jesse Tzeng

J. Christopher Tzeng, Raider of Cities, JT

German Club 11, 12
Yiddish Club 10, 11, 12
Rough Draft 10, 12
Symphony Orchestra 9, 10, 11, 12
NHS 11, 12
Wedding Musictan 11, 12
Chamber Orchestra 10, 11, 12
Indoor Track 9, 10
Track and Field 9
Math Team 10, 11, 12
Science League 11, 12

"I'm the most terrific liar you ever saw in your life. It's awful. If I'm on my way to the store to buy a magazine, even, and somebody asks me where I'm going, I'm liable to say I'm going to the opera. It's terrible." - J. D. Salinger, Catcher In The Rye

Corey Underwood

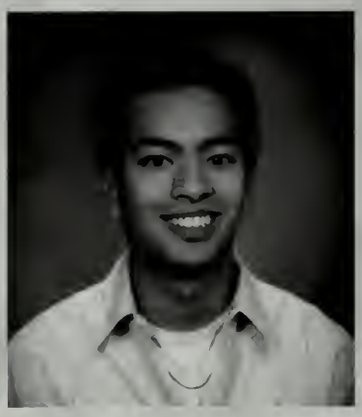
Cor, Undie

Soccer 9
Basketball 9, 10, 11, 12 (Captain)
Lacrosse 9, 10
Pole Vault 11

"Life is not about waiting for the storm to pass, it is about learning to dance in the rain."

"There's no such thing as a mistake, everything happens for a reason, no matter what it might be."

"Life is a journey constantly turning down an unknown path."



Steven Vien

Cross Country 10
Track 10
Storrs Library 10, 11, 12
Key Club 12
Chinese School 9
BPA

"The universe tends to unfold as it should."

Andrea Volk

Ange

Field Hockey 9, 10, 11
LHSFH2K7 12 (Captain)
Key Club 9, 10, 11, 12
Lacrosse Manager 10, 11, 12

"Cause you never think the last time is the last time, you think there'll be more. You think you have forever but you don't." - 2008

Williams Walen

JV Soccer 9
Varsity Soccer 10, 11, 12
International Club
National Honors Society

"I know of no more encouraging fact than the unquestioned ability of a man to elevate his life by conscious endeavor." -Henry David Thoreau

"Those who choose to lead must follow, but if you fall, you fall alone."

Brian Webber

Webber

Lacrosse 9, 10, 11, 12

"Change is the law of life. And those who look only to the past or present a certain to miss the future."

Renate Weigand

Basketball 9
Cross Country 12
Indoor Track 10
Ultimate Frisbee 9, 12
Water Polo Club 10, 11, 12
International Club 11, 12
German Club 12

"...the building is a symbol, as is the act of destroying it. Symbols are given power by people. Alone, a symbol is meaningless, but with enough people, blowing up a building can change the world." - V

"Before you criticize someone, you should walk a mile in their shoes. That way, when you criticize them you are a mile away from them, and you have their shoes." - Frieda Norris

Benjamin Weiner

Key Club 9, 10, 11, 12
DJST 10, 11, 12
AFS 10, 11, 12
Track 9

"A mistake is to commit a misunderstanding." - Bob Dylan

Matthew Weiss

Weissenheimer, Weimer, Heimer

Wrestling 9, 10, 11, 12
Water Polo Club
10, 11, 12
NHS 11, 12
French Club 9, 10, 11, 12

"What's right is what's left when you do everything wrong."
- Robin Williams

Samuel Wenc

JCC Basketball
Enviornmental Club

"I didn't want to do the obvious thing. It didn't feel right."
- Neil Young

"Keep your mind clean."
- Swami Satchidananda

Daniel Wernick

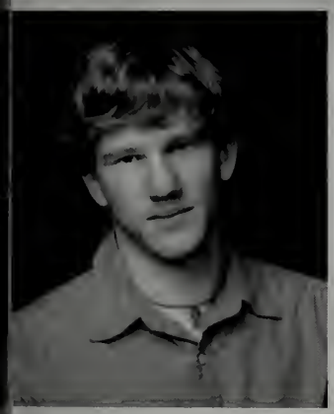
LHS Stock Club 11, 12 (President)
B.P.A. (Vice President) 9, 10, 11, 12
National Honor Society 11, 12
Tennis 9, 10, 11, 12

"Yesterday is history, tomorrow is a mystery, and today is a gift, that is why we call it the present."

Sampson Whitney

Whit, Sam, Whit-Dog, Whit-Nasty

"Ask about me."



Franklin Williams

Ultimate Frisbee
Springfield Rugby Football Club

"One love."

Matthew Wilson

Cross Country 9, 10, 11, 12 (Captain)
Indoor Track 10, 11, 12
Outdoor Track 9, 10, 11, 12
Basketball 9
Environmental Club 11, 12
NHS 11, 12

"The gun goes off and everything changes...the world changes...and nothing else really matters." - Patti Sue Plummer

"The woods are lovely, dark, and deep, but I have promises to keep, and miles to go before I sleep, and miles to go before I sleep." - Robert Frost

Juliet Wu

John Yesu

Nance, Youwho, Nancy, Yesu

Baseball 9
Basketball 9, 10, 11, 12
B.P.A. 11, 12
Knitting Club 10
Underwater Basket Weaving 11, 12
Braveheart 12

"The harder you work, the luckier you get."

Samuel Zhu

Sam

"Life is really simple, but we insist on making it complicated."
- Confucius

Jenna Zucker

Zuck, Party Jenna, Zookie, Jenzay, Zuy

Soccer 9, 10
Indoor Track 9, 10
Field Hockey 11
LHSFH2K7 12 (Captain)
Lacrosse 9, 10, 11, 12
Key Club 9, 10, 11, 12
BPA 10, 11, 12
SADD 10, 11, 12

"Pain is temporary. It may last a minute, or an h
or a day, or a year, but eventually it will subside
something else will take its place. If I quit, howe
it will last forever." - Lance Armstrong

Joshua Zygman

Zyggy, Josh

Yiddish Club
Interact Club
Drama Club
East Asia Club
CISV
USY
Theatrix
DJST

"Today you are you, that is truer than true.
There is no one alive that is youer than you."
- Dr. Seuss

"Genius is 1% inspiration and 99% perspiration."
-Thomas Edison

David Thor

Thor, Snor, Snorlax, Snorile

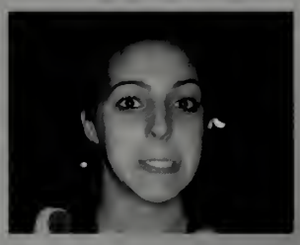
Lacrosse 9, 10, 11, 12
Soccer 9, 10, 11
Indoor Track 9, 10, 11, 12
Men's Chorus 9, 10, 11, 12

"A wise man can see more from the bottom of a well that a fool can see from the top of a mountain."
- Anonymous

Students not photographed: Iris Chatma

Congratulations

Class of 2008

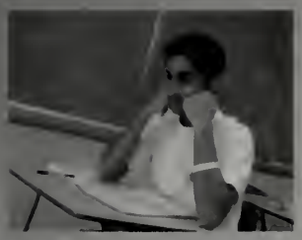


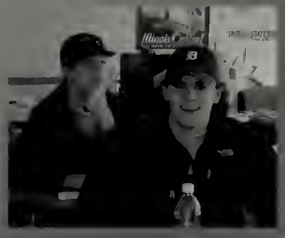
BARNARD

WILLIAMS
FOOTBALL

Viacom Stone

LHS
INDOOR
TRACK





SENIORS

words of wisdom

Do you have any advice for incoming freshman?

"Never give the snack bar lady more than five pennies at a time."
- Andrea Volk

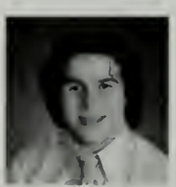
"Get on Mrs. Lang's good side."
- Erin O'Brien

"Careful, the stairs will get you every time."
- Shannon DiStefano

"Try your hardest to avoid paying for the parking pass."
- Sam Appleman

"Find something you're passionate about and pursue it."
- Jad Bsat

"Work hard right from the start. Challenge yourself and get good grades. It will all be worth it later."
- Keelia Faber



"Don't forget your lunch money on Tuesdays."
- Zack Nuzzo

- "I love the community aspect. You don't come to school as a stranger; everyone is going through the same aches and pains, so we all have something in common that connects us."
-Lauria Chin

- "The music department has helped me in so many ways. Music is a huge part of my life and the music program here is so amazing."
-Taylor Hedges

- Have fun, but dont ever let it get in the way of school. In 20 years you won't remember the parties, but you will remember the disappointment of failing a class.
-A.J. Hutchins

Fondest Memories

"The day Tougais ate hydrochloric acid."

Paul Brinnel

"Senora Rhodes vs. Mr. Goodwin."

Alissa Mariano

"The last day of AP Physics."

Chelsea Janes

"Football games under the lights."

Pat Donnelly

Senior Superlatives

Biggest Patriots Fan:
Jessie Shapiro
Biggest Red Sox Fan:
Anthony Famiglietti

Happiest: Casey Markenson
Most Innocent: Alyssa Neville

Biggest Celtics Fan:
Jimmy Pappas
Biggest Bruins Fan:
Nick Rabideau

Class Artist:
Chelsea Cadirov
Most Cultured:
Pat Williams

Best Smile:
Emily Stankiewicz
Best Laugh:
Corey Underwood

Most Likely to be on Broadway:
Claire Calderon
Most Theatrical:
Hannah Reuter
Most Likely to Win an Oscar:
Jason Bardin

Class Geniuses:
Chelsea Janes
and
Jesse Tzeng

Class Garbage Disposal:
Anthony Donahue

Best Athletes:
Mollie Mackler
and
Pat Donnelly

Class Bookworm:
Kate Sapirstein
Most Likely to Teach at LHS:
Tom Foley

Best Car:
Alissa Mariano

Best Party Throwers:
Emily Gershen
and
Joey Katz

Best Eyes:
Nick Marinelli
and
Renate Weigand

Most Likely to be President:
Erin Healy
Most Likely to Cure Cancer:
Ally Fox

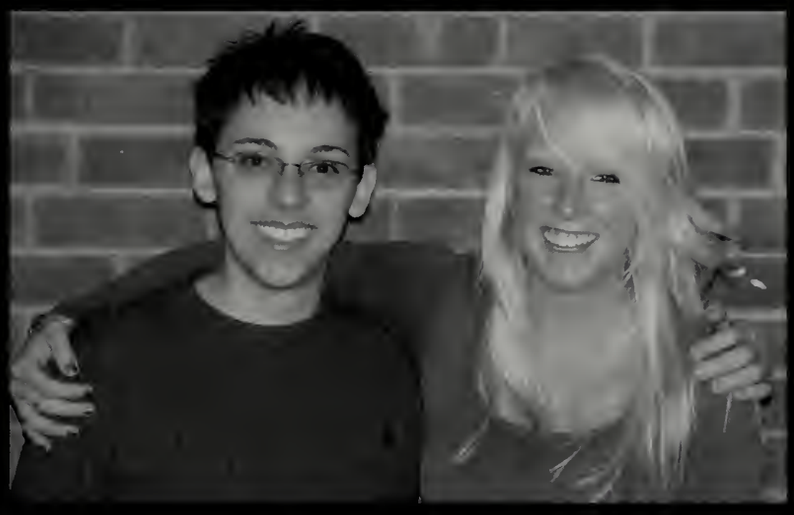
Class Taxi:
Meredith Hadley
Most Likely to Have Their
Cell Phone On: Sarah Reid

Most Likely to Sleep in Class:
Sam Zhu

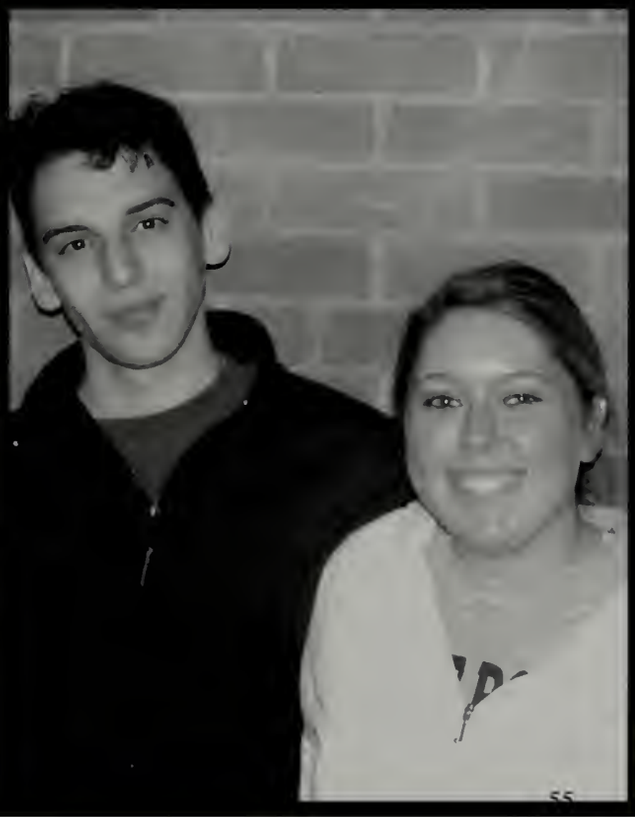
Most Changed in
High School:
Sam Wenc

Most Likely to
Get a Laugh:
Ryan Fortsch
Class DJ:
Richard Travers

Class Couple:
Ben Durfee
and
Annie Hopkins



Best Dressed:
Elliott Gordon
and
Michelle Loizzo



Best Looking:
Todd Stewart
and
Andrea Volk

Mr. Nice Guy:
Todd Stewart
Most Outgoing:
Paige Tobin

Class Preps:
Annie Hopkins
and
Elliott Gordon

Class Republican:
Stefano Daniele
Class Democrat:
Sam Lewis

Best Eyebrows:
Billy Walen

Most Likely
to Skip Class:
Nick
Sergentanis

Best Hair:
Michelle Loizzo
and
Charlie Sullivan

Most Sincere:
Juliet Wu

Most Likely to Set Off the Fire Alarm:
Doc Howard

Most Likely to be Late:
Mike Carlson

Most Likely to be Called to the Office:
David Gentile

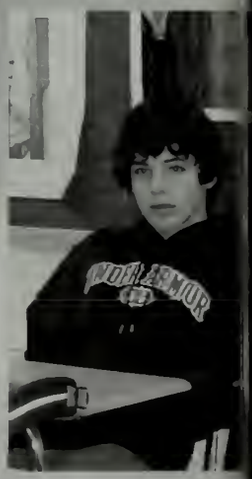
remember when

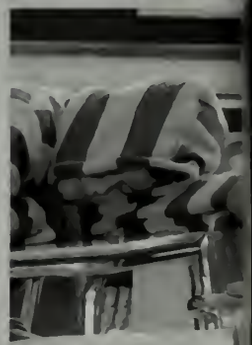
...we were young?

RENSSELAER
LANCERS
1
33

Juniors

Where do you fit in?





Leanne Aberdale
Anthony Adamski
Lyla Al-Husseini
Sydney Andrews
Bruce Arnold
Elise Balaban

Stephanie Ballis
Kate Baquis
Aaron Baru
Jamal Bascombe
Nicholas Batista
Katherine Bensche

Polina Berdnikova
Andrew Berg
Anthony Bergin
Maria Boborodea
Gennaro Bonfiglio
Eric Borowsky

Justin Brandstein
Emmet Brault
Julia Brenker
Matthew Breslau
Andrew Brown
Joseph Budnick

Luz Caceres
Lisa Caliento
Thomas Caliento
Jenna Carando
Cassidy Carlotto
Alexis Casaceli

Bryan Chamberlain
Alexa Ciciretti
Kyle Cieboter
Jeff Cirillo
Dimitri Clarke
Alexandra Clayton

Mario Cocchi
Chelsea Comini
Taylor Coughlin
Courtney Craven
Daniel Cresci
Eliza Cress

Kennely Curran
Andrea Davis
Stephanie Degiulio
Michael Dejesus
Christopher Deluca
Matthew Demas

Connor Dendievel
Kristen Desmarais
Amie Dibbern
Nicholas Ditmar
Patricia Donnelly
Colleen Douglas

Christopher Dunn
Courtney Dunn
Michelle D`Angelo
Saraya Edwards
John Emma
Nicholas Erwin

Melanie Famiglietti
James Farquhar
Deanna Fell
Lara Fereshetian
Francesco Ferrentino
David Feuling

Adrianna Fioretti
Amanda Fitzpatrick
James Fleming
Sydney Fluharty
Elisabeth Flynn
Marie Fortsch

Neal Freyman
Oliver Friedberg
William Gagne-Maynard
Amanda Gagnon
Shari Gallucci
Brian Garreffi

Brendan Gavin
Victoria Gendreau
Thomas George
Jamie Gerlach
Hannah Gong
Jeff Greenbaum

Michael Greenberg
Michael Greim
Colin Griswold
Patrick Grow
Raquel Guardia
Jason Guo

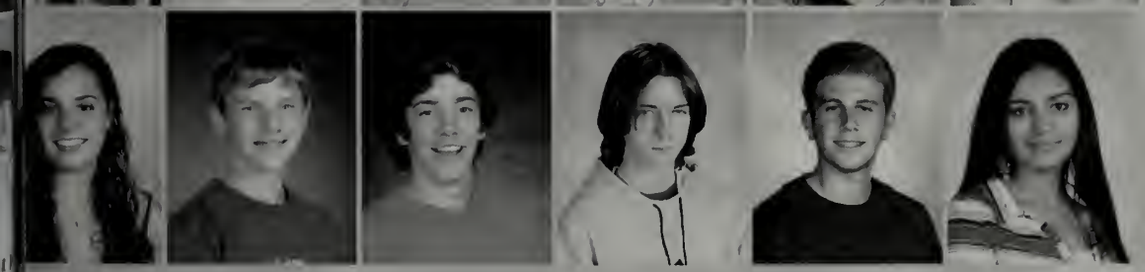
Michael Halista
Lauren Halpern
An Harmanli
Emma Hauser
Corinne Heaton
Gabriella Hill

Mallory Hinman
Talia Lore Hirsch
Julie Horowitz
Joseph Hurley
Amber Hussain
Ashley Iancu

Leah Jackowitz
Zachary Jacobson
Justin Kakley
Benjamin Karim
David Karolinski
Akshay Kashikar

Abigail Katz
Kelly Keane
Madelaine Kearing
Lynsey Keator
Matthew Keefe
Ryan Kelleher

Olivia Kellett
Anne Kietzman
Jihoon Kim
Polyna Kim
Carly Kimball
Jillian Kirastoulis



Emma Klein
Joseph Koltz
Adam Krach
Daniel Krahala
Max Krevalin
Smily Kumar

Christine Kuphal
Kristen Lafountain
Sarah Lake
Danielle Lakritz
Brendan Landry
Tanner Ledwith

Jonathan Lepper
Shelby Leshine
Dana Lewis
James Liu
Kevin Lombard
Andrew Losee

Matthew Mackenzie
Richard Maclelland
Ethan Maier
Morgan Maxey
Jonathan Mazer
Maria Mazzarino

Caroline McCarthy
Daniel McColgan
Brendan McCoy
Kyle McDermott
Stephen McKenna
Thomas McMahon

John McNamara
Mark Melikian
Matthew Mendes
Christina Mentor
Erin Mernoff
Brittany Merrill

Charles Merrill
Blake Metropoulos
Ariel Miller
Rickey Moore
Chandler Morehardt
Michael Morehardt

Stephen Mucci
Michael Muratore
Nikita Nayyar
Jane Nicholson
Adam Novak
Maksymilian Nowak

Bryant Ostrander
Nicole Owen
Tracy O`Connor
Robert O`Reilly
Ari Parzivand
Stephen Payne

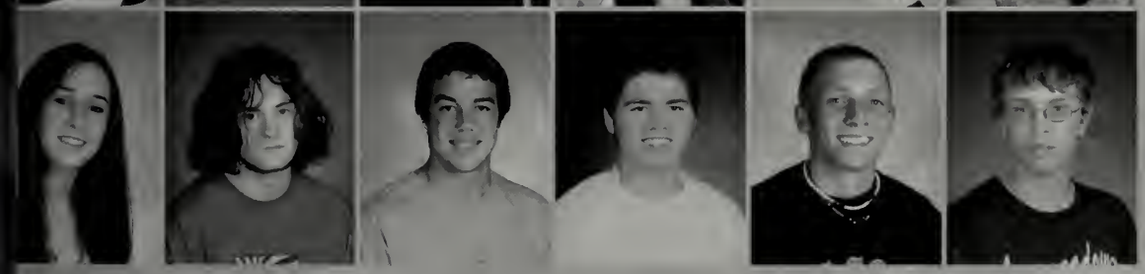
Jessica Peet
Samuel Peters
Patrick Petitt
Lauren Pettersen
Maxwell Przyborowski
Patrick Quirk

Megan Randall
Casey Reardon
Shelby Regan
Brandon Reilly-Evans
Fatma Rizvan
Avery Robinson

Marissa Rodriguez
Emily Rome
William Rosen
Carlene Rossi
Collin Rowe
Vincent Rubinaccio

Stephen Russell
Angelina Sampson Mancuso
Gina Santinello
Tyler Scanlon
Rose Schack
Matthew Schweiger

William Scott
Alexander Scyocurka
Michael Sergentanis
Jessica Setterstrom
Katherine Shallbetter
Jessica Shao



Emily Shotland
Nathan Sickle
Nikolas Sierra
Michael Simmons
Jacob Skole
Derek Smith

Hayden Smith
Kyle Smith
Amber Soucy
Joshua Stambovsky
Hannah Steele
William Sterritt

Ronald Struziak
Brian Sullivan
Katie Sweet
Jaime Tamsin
Zachary Taylor
Lily Thomas

Ellen Topitzer
Brian Tracy
Kyle Tremble
Sara Tufts
Alec Upperton
Amanda Varteresian

Madeleine Vivian
Griffin Wagner
Lisa Wawrzeniak
Ryan Webler
Michael Weiss
Kristen Wenning

Felicia White
Anna Woodward
Kelsey Yam
Thomas Young
Vincent Yu
Dina Zeller

Simon Shing Zhang
Natalie Zucker

Students not photographed include: Evan Dowd, Allesandra Frank, Donte' Hill, Leo Robitaille, Colin Santos, and Mark Sukonic.

RUTGERS
CREW
LONGMEADOW
20 L 06
CROSS COUNTRY

Sophomores

Where do you fit in?

Albert Abrahamyan
Kristen Adams
Brian Ahearn
Ian Altman
Erin Amato
Megan Anderson

Michael Anderson
Matthew Armstrong
Alexandria Ascioti
Christian Banda
Christopher Barnhart
Jeremy Barr

Laura Barry
Mary-Hope Beaulac
Kathryn Belkin
Matthew Belkin
Natalie Berezin
Alanna Bernstein

Jillian Bertuzzi
Adam Bistran
Juliette Blackman
Katelyn Boutin
John Bresnahan
Brooke Brindle

Nathan Brooks
Alison Brooslin
Steven Brunner
Mia Bsat
Jennifer Burton
Olivia Buscemi

Paul Cangialosi
Brya Capell
Arielle Capurso
Kristin Carlson
Hannah Casey
Timothy Casey

Brennan Cassidy
Atlee Chait
Sarah Charbonneau
Jasmine Chatman
Jessica Chatman
Heidi Cheng

Mary Clough-Segall
Madeline Collins
Max Connery
Justin Conniff
Meaghan Consedine
Alex Cool

Alex Coon
Justin Cosenzi
Philip Crafts
Bridget Crimmins
Paige Cuscovitch
Kelsey Deary

Toni Demarco
Steven Desmarais
Rachel Desrochers
Calvin Diamond
Danielle Dickstein
Stephanie Dionisi

Dmitriy Donskoy
Caroline Drennan
Zachary Dunn
Brendan Dunphy
Zacharie Dupont
Nathan D`Entremont

Mary Eagan
David Engell
Kasie Fagan
Eliza Farris
Rachel Fearn
Jessica Feigen

Deidra Felici
Emilie Ferreira
Caitlyn Fiedler
Michael Fisher
Alyssa Flemati
Brigid Foley

Christopher Foley
Felicia Foley
Matthew Fratini
Alexander Freedman
Andrew Friedrich
Benjamin Fu

Michelle Gagnon
Peter Gallucci
Mia Gauthier
Nicole Gauthier
Melissa Gentile
Danielle George

Helene Gerasimchuk
Ryan Gilmore
Rebecca Goodless
Jennifer Gottlieb
Matthew Grippo
Claire Halchak

Emily Hanke
Edward Hardy
Deion Hatwood
Christine Heady
Tyler Heffernan
Jake Heger

Gabrielle Henderson
Arista Hennessey
Katie Hibert
Sawyer Hicks
Conor Hobert
Elissa Houff

Amelia Houghton
Caitlin Hussey
Andrea Ingram
Colin Izzo
Talia Jackowitz
Conrad Johansen

Devin Joyce
Christopher Kang
Jasmine Kearse
Katlyn Kelliher
Joshua Kent
Michael Kern

Khalisah Khan
Jeanne Kiernan
Molly Kietzman
Junghun Kim
Paige Kimball
Rebecca Kimmel

Alexandra Kivari
Brandon Knoll
Kenna Koerner
Jordyn Komack
Alyssa Korman
Kiera Kristoffy

Shea Kusiak
Carley Lakritz
Mara Lasko
Brent Latino
John Laurenzano
Stephanie Lauria

Justin Lazarus
Samuel Leavitt
Alesha Levenson
Rui Li
Sara Li
Jordan Llodra

Morgan Llorens
Kelsy Lubenstein
Alexandra Lucey
Joshua Lyons
Ryan Mack
Hannah MacPherson

Yussuf Manzi
Gina Marino
Emily Marsh
Tobias McCarthy
Bridget McDonald
Katie McKenna

Thomas McKeown
Sarah McNutt
Andrew Melchionna
Kevin Miao
Kathryn Middleman
Lauren Middleman

Matthew Micrzejcwski
Jacob Miller
John Mirkin
John Montana
Timothy Mulcahy
Andra Narrigan

Zakia Natour
Alejandro Navarrete
Luke Neveu
Carolyn Niedzwiecki
Nicole Nystrom
Sean O'Donnell

Ryan O'Grady
Alec O'Keefe
Troy Ochoa
Lewis Okun
Hayley Olmsted
Evan Olsson

Daniel Overstreet
Lindsay Oxx
Christopher O`Connor
Johnny O`Donnell
Brian Palazzi
David Papale

Gregory Paquette
Brittni Peck
Victoria Perrakis
Caleb Perruccio
Lucas Pers
Madeleine Piccus

Christian Pierre-Pierre
Alexandra Pioggia
Noelle Pollack
Leo Polverini
Brendan Prast
Andrew Purugganan

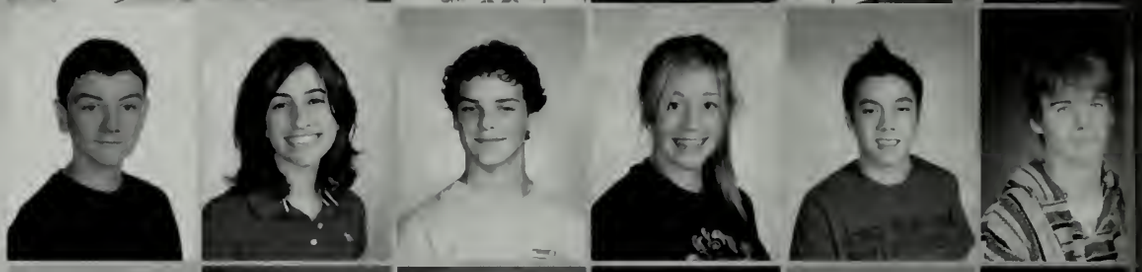
Sara Putnam
Kateri Quirk
Michael Rabideau
Jenna Race
Christina Raschi
Lauren Reilly

William Rhone Jr
Shawn Riley
Farwa Rizvi
Darcy Rzepka
Jace Sadowsky
Courtney Samuels

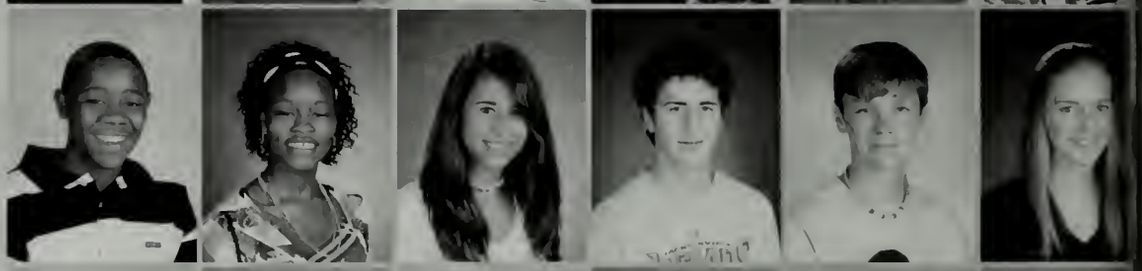
George Sanchez
Takahiro Sato
Max Schnaper
Kaitlyn Schroyer
Austin Seabury
Bonnie Shallbetter

Matthew Shapiro
Paula Shea
Trevor Shea
Flora Shenker
Erik Sherman
Kristen Shypula

Killian Sitler
Michelle Sorkin
William Spallino
Grace Spelman
Kevin Stack
Philip Steiger



Tyrell Stewart
Jahirah Stone
Mary Struziak
Evan Thompson
Everett Torpey
Katie Tower



Christine Turrini
Sara Underwood
Tyler Vance
Nathan Vass
Elina Vatnikova
Flynn Vickowski

Alison Vivian
Joseph Walt
Erik Weigand
Cydney Weiner
Spencer Weiss
Sarah Wiles

Kahri Wood
Jaclyn Wright
Alison Wynn
Laura Yesu
Mark Zak
Zachary Zimmerman

Students not photographed include: Arianne Brust, Kristiana Lachiusa, Dorren Rennis, and Stephanie Tougias

Freshmen

Where do you fit in?

Francis Abad
Jessica Abelin
Brian Adams
Mark Adamski
Michaela Albano
Kira Albert

Guido Alexander
Jonathan Alger
Julianna Amegan
Ian Anderson
Jeffrey Anderson
Zachary Asher

Mica Baevsky
Sarah Baltruweit
Sarah Banning
Stephen Barnett
Ryan Barry
Kyle Barsalou

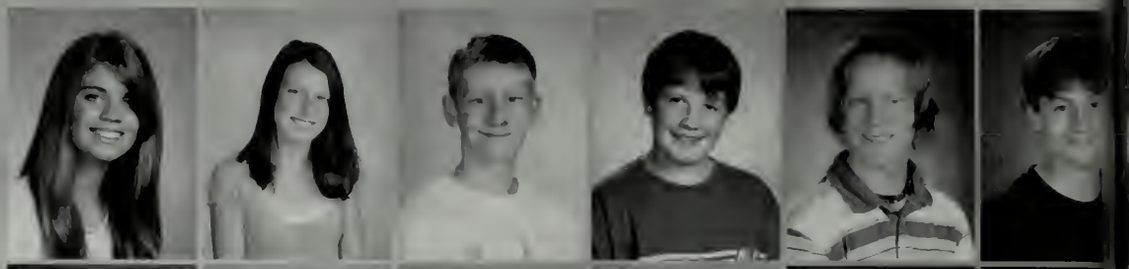
Michael Bearce
Michael Beith
Conor Bender
Geoffrey Biron
Nicholas Blais
Brynn Yang Boutin

Marie Brandstein
Sara Brooks
Haley Burke
Emily Burt
Nicholas Byrne
Nathan Byrne

Arancha Caceres
Gabriella Calabrese
Cameron Camargo
Chelsea Camerlin
Catherine Camerota
Daniel Carolan

Adam Caronna
Carissa Cartelli
Weng-Him Cheung
Michael Chin
Joseph Ciejek
Kate Cirillo

Julia Clayton
Meeghan Collins
Robert Collins
Chase Collomore
Shane Connors
Gregory Copeland



Caroline Corwin
Christopher Cox
Dean Craven
John Cresci
Hanna Daboul
Makenze Dakers

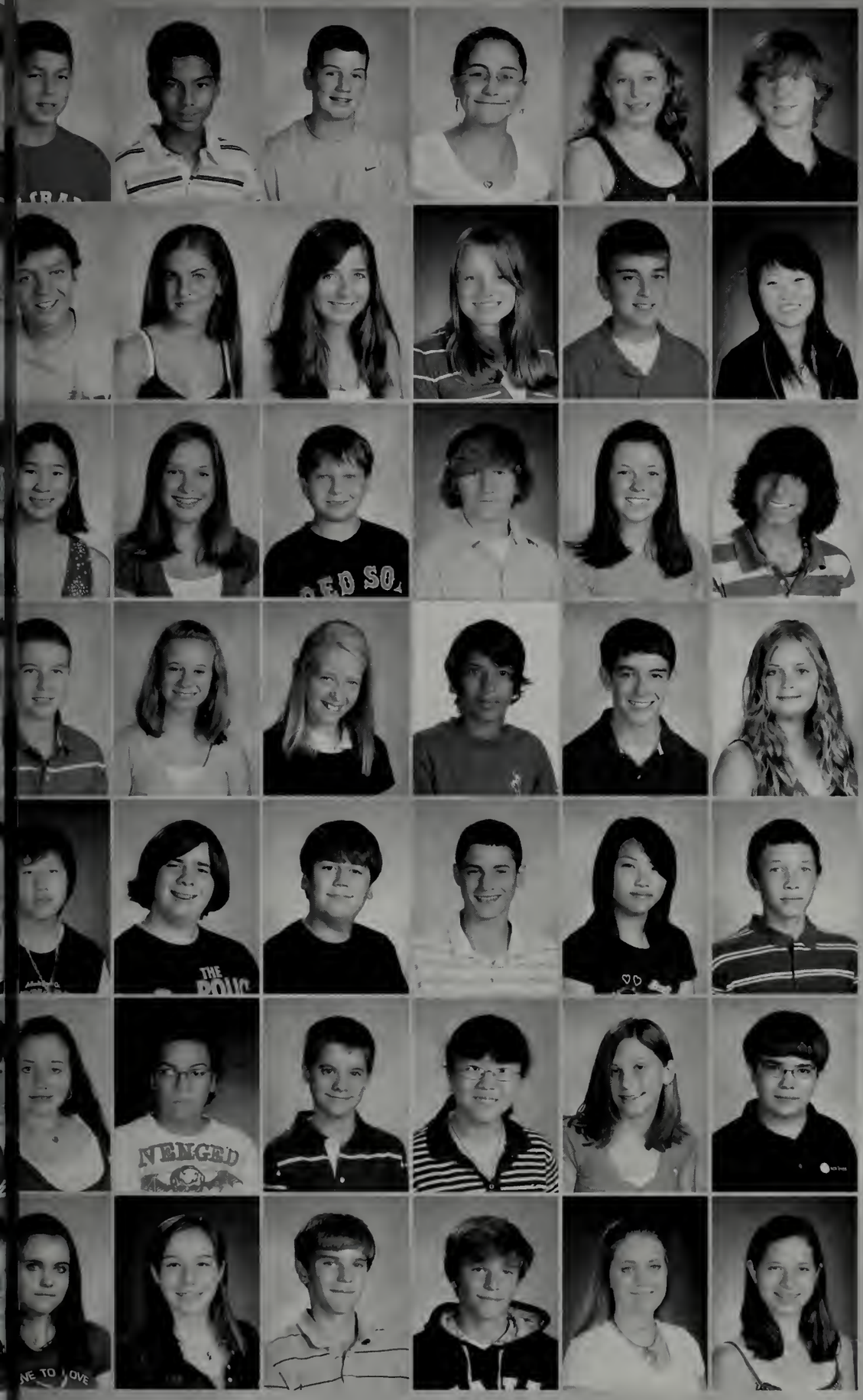
Douglas Dale
Karri Davis
Andrew Decoteau
Sean Delisle
Paige Dendievel
Travis Devin

Elise Dhamodharan
Timothy Distefano
Alison Donnelly
Kyle Douglas
Mikayla Dowd
Ciara Dudeck

Jacqueline Dunn
Conor Dunne
Anthony D`Angelo
Andrew Echeverria
Desiree Edwards
Elissa Erwin

Lamar Evans
Timothy Farris
Jasmine Federico
Marcello Federico
Andrew Feigen
Michael Fein

Andrea Firestone
Rachel Firestone
Shannon Fluharty
David Fox
Katharine Freeman
Joshua Friedberg



Garrett Gagne
Ryan Gallo
Ben Gelinas
Rebecca George
Celia Gibson
Nicholas Gilman

Jeremy Glass
Ashley Gralia
Sarah Greenberg
Nicole Greene
Matthew Grumoli
Jian Guan

Emily Guo
Grace Gustafson
Max Haberman
Matthew Hadley
Sarah Hannigan
Derek Harmanli

Michael Heady
Jacey Hebert
Corey Hedges
Gregory Hepper
William Hinman
Elizabeth Holmes

Sung Hong
Eric Hottin
Nicholas Hughes
Joshua Hurwitz
Hyemi Kim
Joshua Jacobson

Hannah Jagodowski
Tyler James
William Janes
Tiffany Jao
Kaleigh Jaron
Adam Jermyn

Brittany Josephson
Rachel Kent
Maximilian Kinne
Tucker Kinne
Brooke Kirastoulis
Sarah Klein

Ashley Kmon
Luiza Korobkova
Barbara Koroleva
Ben Krevalin
Zachary Kronlund
Drianne Laliberte

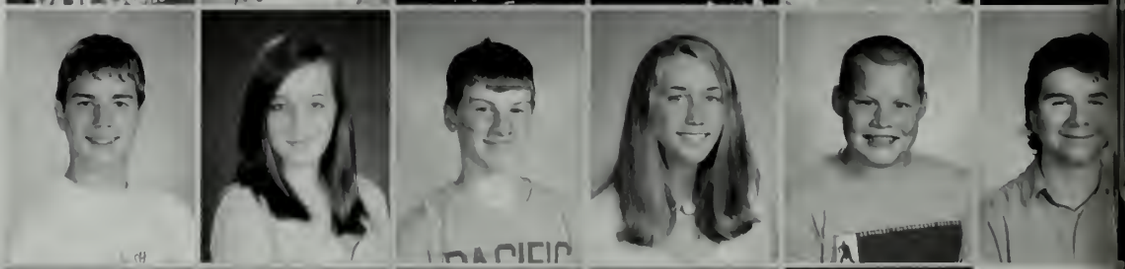
Steven Latka
Samantha Layman
Rayna Liebman
Kelsey Lockhart
Andrianna Loizzo
Andrew Lombard

Joshua Londergan
Taylor Low
Tucker J. Low
Lauryn Lubenstein
Victoria Lussier
Mark Lysik

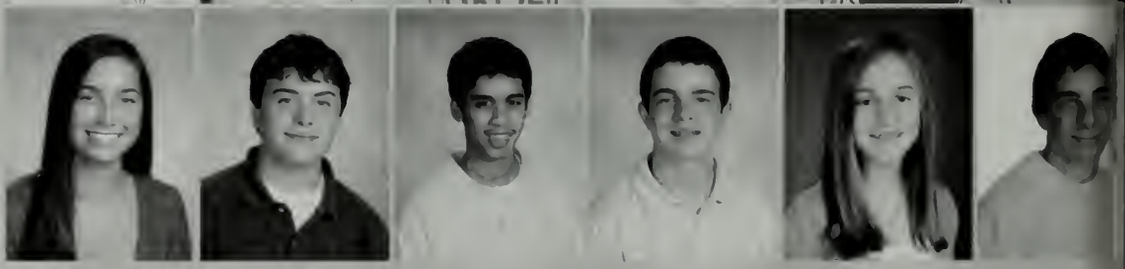
Sravya Madabhushi
Gabrielle Madden
Chelsea Mallows
Devonte Mann
Angelo Manzi
Lucas Manzi

Martin Markenson
Jennifer Martel
Caroline Martin
Taylor Maxey
Ambra Maymon
Kyle McDonald

Seamus McEvoy
Anna McGann
Conor McGoldrick
Hannah McGrath
Samuel McKeown
Griffin McMahon



Kathryn McNamara
Jason McQuade
Muhammad Merza
Patrick Metcalf
Morgan Metropoulos
Glenn Michelman



Harry Miller
Wesley Miller
Rebecca Minardi
Angelina Morisi
Jesse Myers
John Narmontas

P.J. Nassar
Peter Nassar
Ana Navarrete
Michael Nell
Calvin Nguyen
Brandon O'Brien

Edward O'Reilly
Omowunmi Odutola
Nicole Ogden
Jenna Okun
Max Omer
Christine Orr

Kyle Ostrander
Olivia O`Hara
Alexander Pascal
Evan Patel
Blair Patton
Casey Payne

Naomi Pen
Erin Pierce
Brian Plumb
Jack Polak
Emily Prast
Lucy Psaltis

Allyson Pyers
Kevin Quinn
Andreu Ramos
Michael Ratner
Kaelin Reilly-Evans
John Reuter

Jamall Reynolds
Jenna Rome
Matthew Rosenkrantz
Rachel Rothstein
Adam Routier
Alexa Rowe

Mia Russo
Stephanie Sabatini
Tarquinn Samuels
Katherine Sanborn
Desiree Santaniello
Sophia Schack

Liza Schepps
Elliot Scher
Alexander Schmitt
Nicolina Scibelli
Gilbert Simon Jr
Stefan Sjoberg

Katelyn Smith
Stefanie Smith
John Sopet
Evan Sotiropoulos
R. Samuel Sprinthall
Davin Steiger

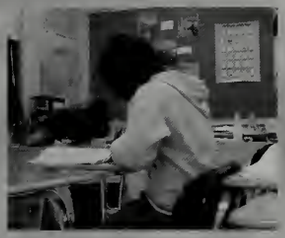
Benjamin Sterritt
Taylor Stevens
Lindsay Stockley
Eleanor Stream
Cynthia Susai
Heather Sweeney

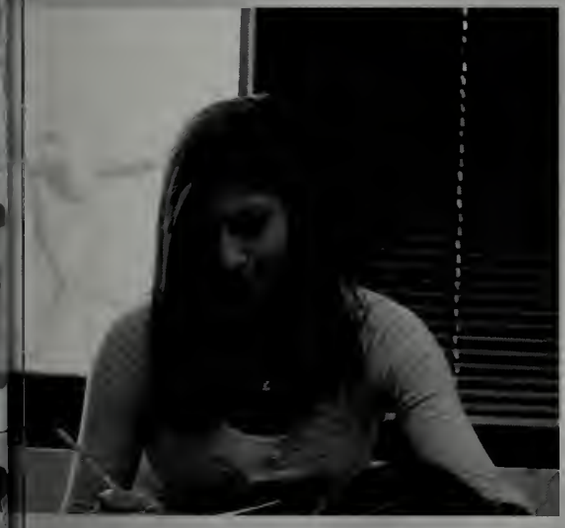
Ilanna Tariff
Timothy Taylor
Joseph Teed
Kirsten Thor
Michael Torcia
Olivia Tufts

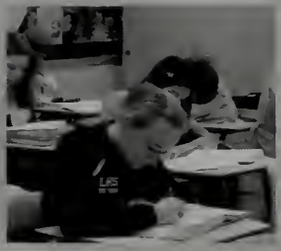
Joshua Ungar
Amber Vien
Joseph Volk
Stacy Wacks
David Walen
Anthony Wallace

Christophe Warner
Meredith Webber
Andre Welch
Thomas Wheaton
Melissa Winer
David Woodward

Mark Wysocki
Mona Yuan
Alex Zucker
Nicholas Zwaan







Faculty

Where do you fit in?

Superintendent
E. Jahn Hart

Principal
Lawrence Berte

Assistant
Superintendant
Maureen Wilson

Linda Ackley

Michele Albano

Lisa Alves

Ruthann August

Mary Ellen Barker

Susan Bayley

Linda Berard

Jayne Berman

Ken Bisulca

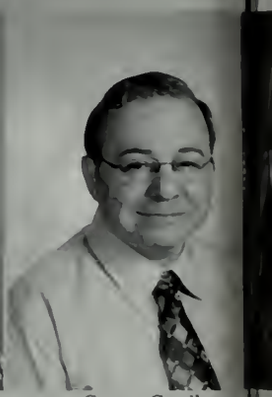
Amy Brazee

Vesta Browne

Maureen Cadieux

Deborah Callahan

Margaret Camp


George Carellas

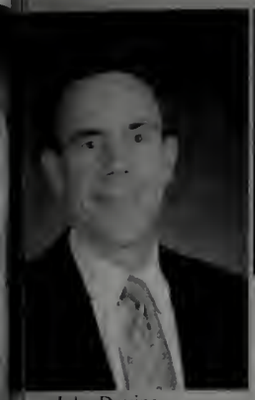
Cheryl Casanova

Mark Cormier

Janet Coyne

Karen Cuthbert

Mike Deary



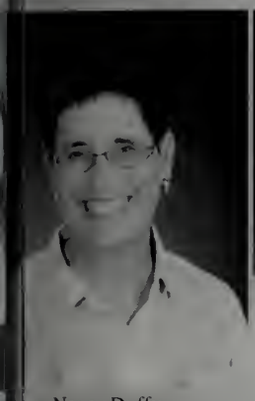
John Devine

Jamie Dibbern

Mary Ellen Dillon

Deanna Dirico-Fisk

Karla Drake



Nancy Duffy

Paul Dunkerley

Patricia Dussault

Kathleen Epaul

Jennifer Faulkner

Katya Fedorov

Gideon Fischer

Christina Fisher

James Flaherty

Matt Flanagan

Julia Fournier-Rea

Carol Garvey

Sarah Gibson

Hilary Godin

Laura Goldstein

Jeffrey Goodwin

Rita Hawker

Lorena Healy

Ron Hirsch

Eric Howard

Pauline Jacek

Linda Kelly

Christine Kervian

Melanie Laflamme

Thomas Landers

Arlene Lang

Linda Lapenas

Meredith Laughlin

Scott Layman

Scott Little

Karen Locke

Donna Lyons

Sandra Macdonald

Patrick Magowan

Wendy Martin

Rita McGoldrick

Linda McPartlan

Ann Moore

Jessica Moore

Vivian Morse

Mike Mucci

Jane Murphy

Neil Bresky

Judy Neilson

Asa Nilsson

Karen Omartian

Robert O`Connell

Cindy O`Malley

Stacy Palozie

John Pantuosco

Denise Penna

Susan Peters

Jeff Pinney

Pam Pion

Heather Pollard

Janice Pontacoloni

Janine Preston

Carol Rhodes

Kate Rhodes

Lori Robbins

Mike Rosemond

Alex Rotsko

Eleanor Rotsko

Jennifer Rousseau

Bethanie Sawyer

Meghan Schwartz

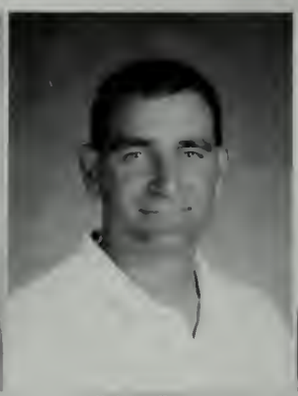
Judith Scott

Karen Shea

Joanne Sleigh

Marianne Smith

Lori Snyder


Nick St George

Geoff St Pierre

Mark Staples

Charlotte Steele

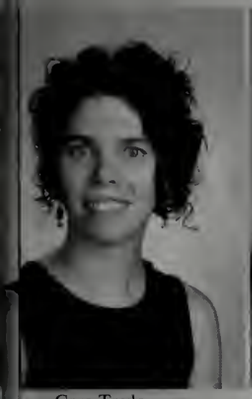
Deby Stegall

Jill Stewart

Joeseph Sweeney

Amy Swihart

Nathan Swistak



Cara Taylor

Karla Thomas

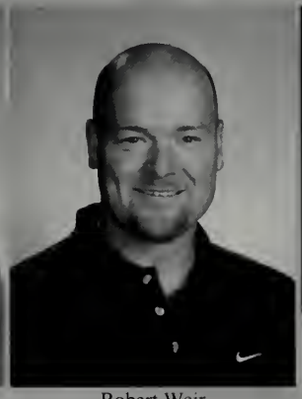
Peter Thomsen

Louanne Tremblay

Susan Turcotte

orraine Vassilopoulos

Stuart Walker



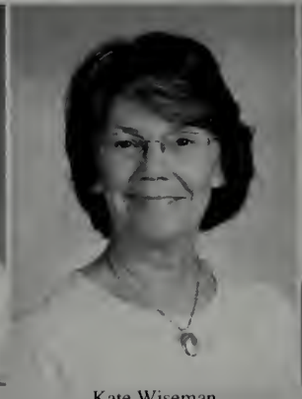
Robert Weir

Kathleen Wells

Kayla Werlin

Gina Whipple

John Williams



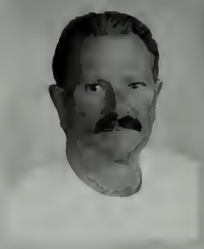
Kate Wiseman

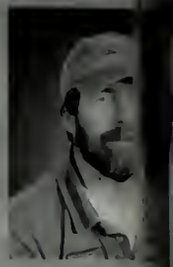
Nathaniel Woodruff

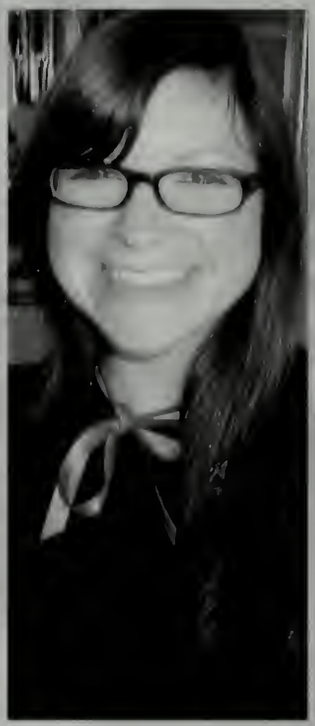
Jean Zilewicz

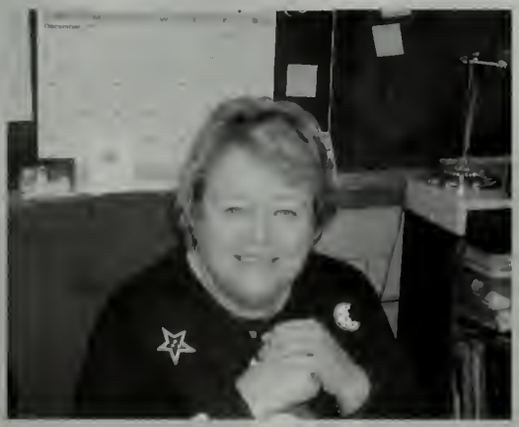
E. Labranche
Todd Carney
David Charko
Walter Gonet
R. Hundley
L. Jangrow

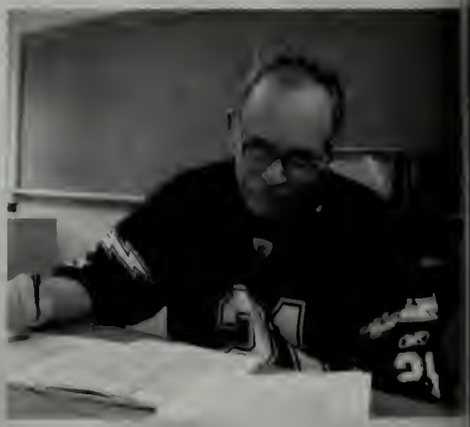
Greg Lafountain
M. Laframboise
Steve Miodowgki





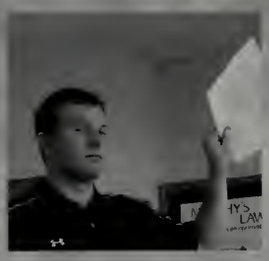


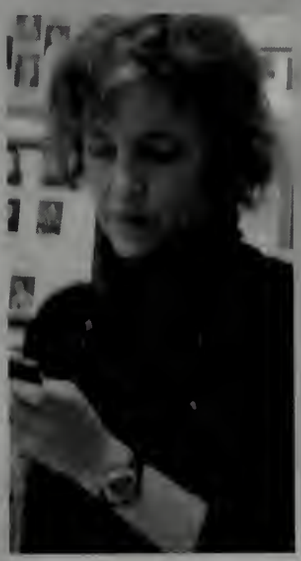


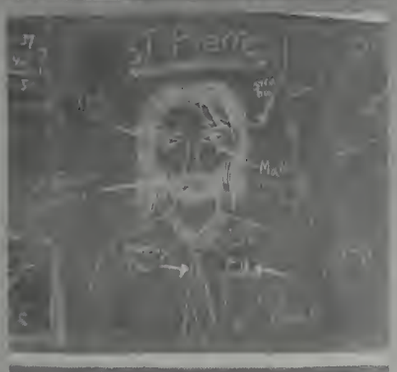


Betsy Baldwin
Beverly Bandoski
Rose Becker
Rose Bergamini
Rosalie Craven
Roseann Derose

Carole Mezzetti
Carol Settembre
Marian Varteresian
Maria Romeo
Betty Danio
Dee Hopkins







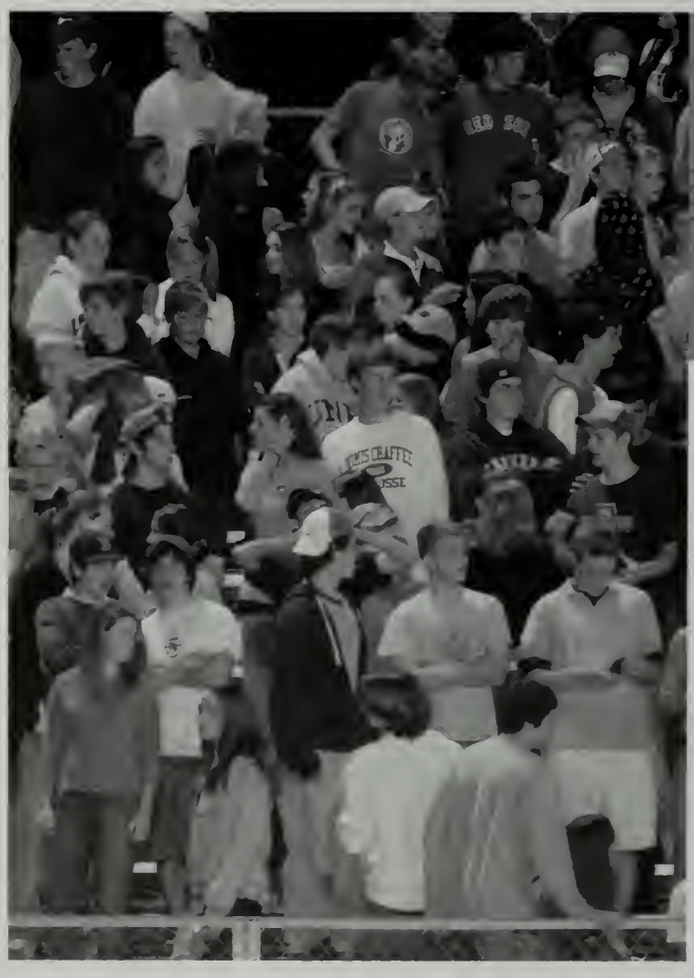
Where do you fit in...

everyday?

DANCE HALL OF FAME

Senior Hall of Famers Emily Gershen, Erin O'Brien, and Mollie Mackler

Senior Gavin Parker and Junior Connor Dendievel



Friday Night Lights

A typical crowd at one of our Football games.

Sophomore David Engell looks thrilled to be going to class.

Sophomore Kathryn Middleman, Junior Madi Vivian, and Senior Meredith Hadley

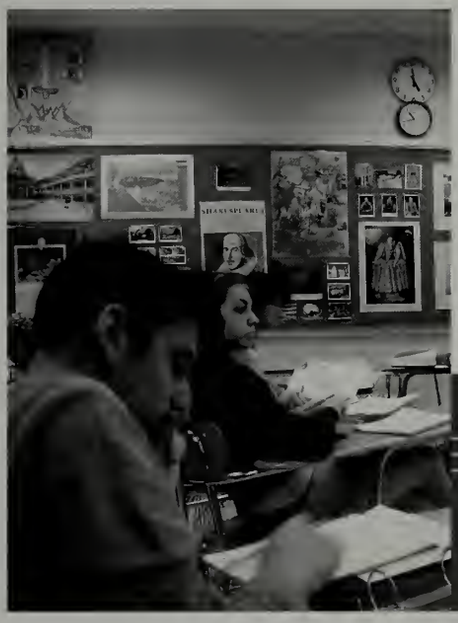
Seniors Jesse Tzeng and Eliana Lakritz laugh it up in AP English.

Senior Billy Fitzgerald relaxes after a long, tedious week of school.

Freshmen Morgan Metropoulos and Taylor Maxey perform their skit for History class.

Senior Sean Kenney intellectually ponders his latest piece of literature.

Oh, Geometry!



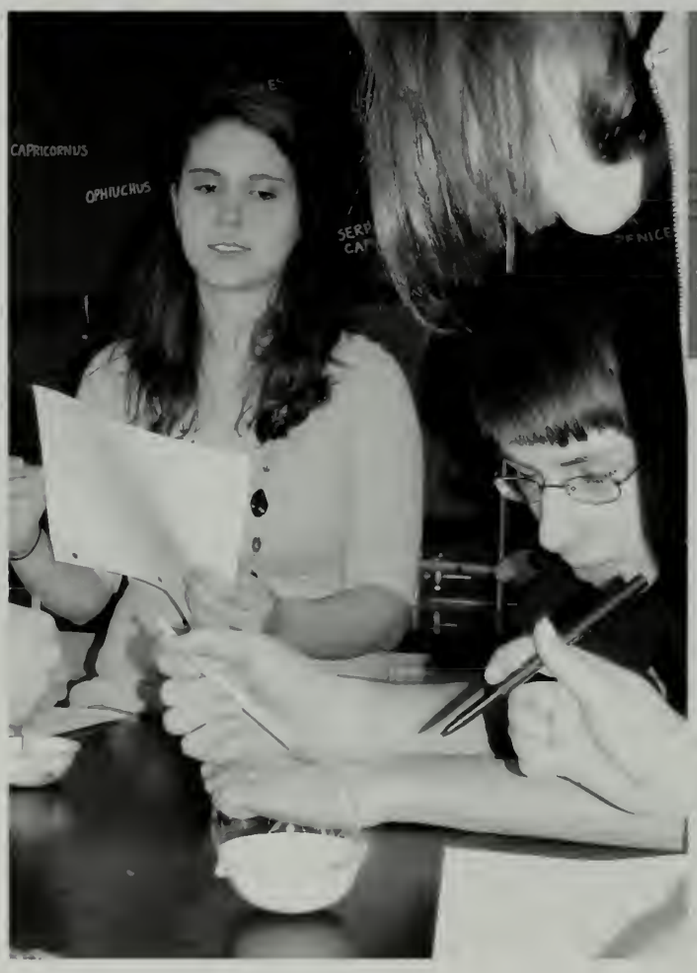
Seniors Jason Bardin and Alyssa Neville listen intently during English.

Is this fitting in?

where's your place?

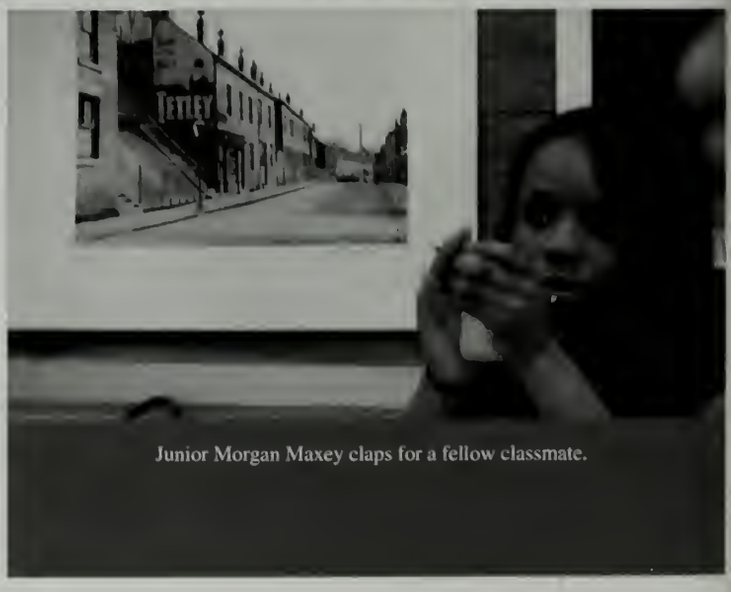
Junior Neil Freyman tries somewhat unsuccessfully to blow a bubble.

Seniors Julia Miehm and Mollie Mackler can't even get out of class with those faces.



Sophomores Steph Dionisi and Kasie Fagan aren't really paying attention, are they?

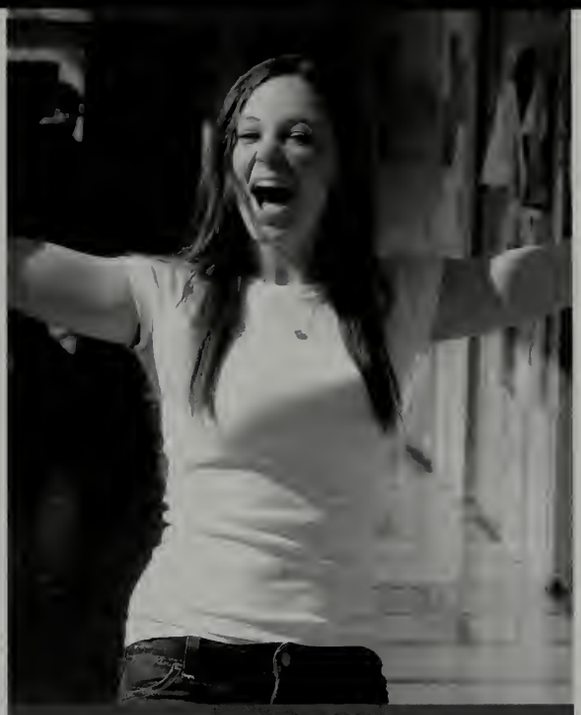
Juniors Max Nowak and Jamie Gerlach look on intently during a lab.



Junior Morgan Maxey claps for a fellow classmate.

Chandler Morehardt is a little too excited during a physics lab.

Junior Lauren Halpern is all dressed up fo her lacrosse game.



Lexi Kivari is overjoyed to have a few minutes break from class.

Seniors Melinda Pinto, Marissa Chechette, and Dan Bourdeau listen on during a AP Bio lecture.

Juniors Shelby Leshine and Lauren Petterson study in the library during an ICE block.

Seniors Alex Tougais and Tim Crimmins are looking studious.

Style

What are you wearing?

Stylish Senior Jake Gofman always has amazing matching outfits.

A sweatshirt with a big hood is perfect for sleeping in class.

Marching to the beat of his own drum, Junior Thom George wears an unbuttoned shirt for a performance.

Backwards hats are everywhere.

Perfect make-up is a must.

Senior Helen Schnaper wears a typical Longmeadow High School student outfit: straightened hair, designer jeans, a North Face Jacket, Ugg boots, and a designer bag.

Dunkin Donuts in hand Junior Andrea Davis (right) hugs Senior Jessie Shapiro, both sporting the Indoor Track team outfit of the day.

Even Senora Rhodes is up on the latest trends.

Where do they fit in?

Junior Amber Soucy spends her afternoons working at Armata's.

Junior Mike Morehardt gets caught unawares.

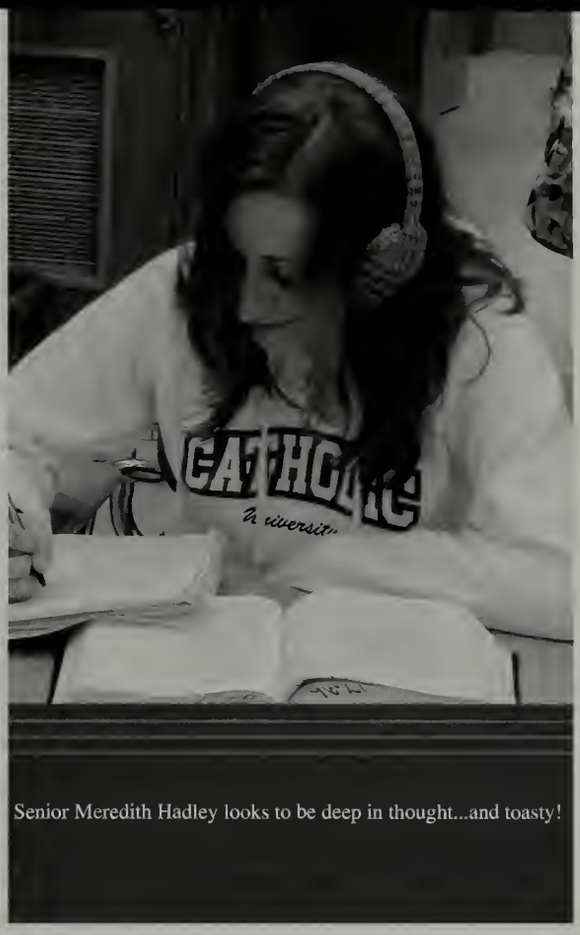
Seniors Ally Fox and Chelsea Janes take a few seconds to pose during passing time.

Senior Jessy Abbot makes it very clear that it is too early in the morning.

Senior Mollie Mackler can always be counted on for some enthusiasm.

Juniors Jenna Carando, Andrea Davis, and Kate Baquis sit together during some free time.

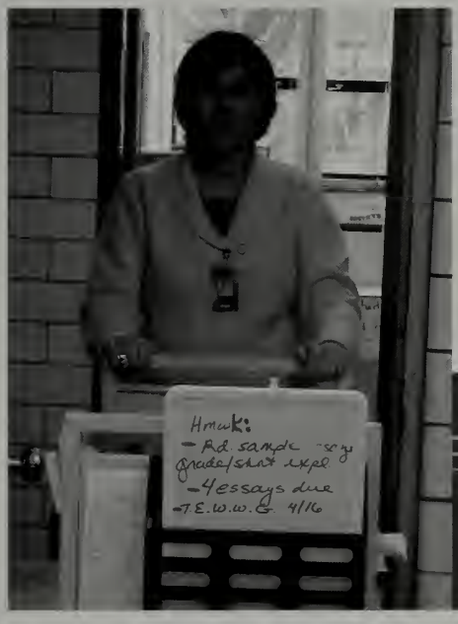
Senior Corey Underwood is ready for spring!



Senior Meredith Hadley looks to be deep in thought...and toasty!

Senior Allie Jacquemin always rushed by the 4 minute passing time.

Seniors Jack Henley and Gavin Parker are obviously ready to examine literature in AP English.



Mrs. Pontacoloni no longer has a room as English chair, but has come to love her cart!

Powder Puff

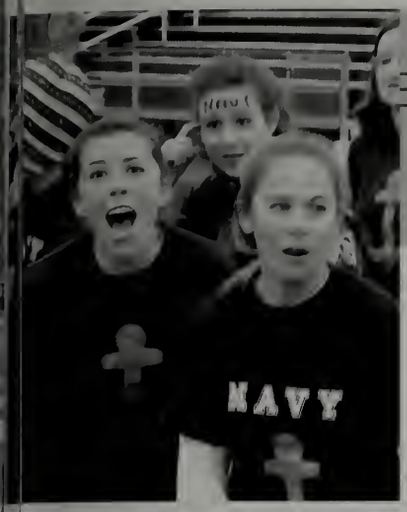
Army vs. Navy

Navy prepares for battle.

Navy Quarterback Chelsea Janes.

The action heats up

LET'S GO ARMY!



Sarah Janes, Kayla Clark, and Kimmy Schmidt cheer on their team.

GO NAVY!

Corey Underwood, Kelly Kreinest and, Gabrielle Krach.

The crowd looks on as the game gets intense.

The teams line up.

Army poses before the game.

It's a tie?

Senior Class Play

The Wizard of Oz

Sean Kenney as the Scarecrow
Meghann Fahy as Dorothy
Todd Stewart as the Tin Man
Paige Tobin as the Lion

Annie Hopkins gets into character.

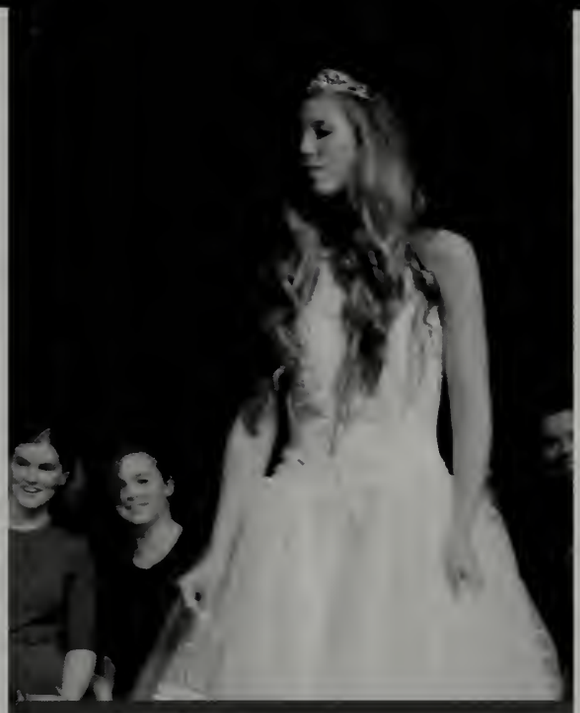
Meghann Fahy was amazing as Dorothy.

Monkeys and Jitterbugs gather before the performance.

Our ballerinas stole the show during the Munchkinland scene.

Claire Calderon was scary and wonderful as the Wicked Witch.

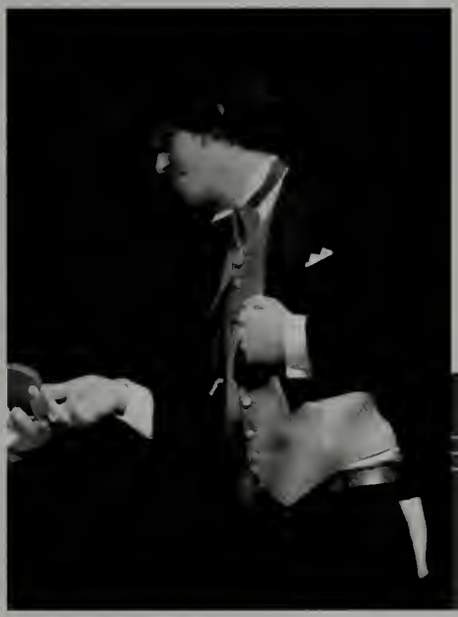
AJ Hutchins with our dedicated director Hannah Reuter



Ellen Berube looked stunning as Glind.a

Mollie Mackler gets the crowd laughing.

Pit Orchestra conductor Tommy Li keeps the cast together.



Axel Nilsson gets into character.

School Trips

LHS students (and faculty) fit in everywhere

Mrs. Dillon poses in a Welch castle

Sleeping in airports are a common occurrence...Lucy Psaltis and Alex Scyocurka catch a nap before boarding in Athens

Clockwise from left: the Roman Coliseum, the beautiful Isle of Capri , and the Parthenon in Athens

Top: Christine Kuphal, Gabby Henderson and Kristen Carlson enjoy the views

Dances

What happens when you let loose?

Juniors Alexandra Clayton and Ariel Miller take a break from the dancing to pose for the camera.

Junior girls get together to take pictures before the dance.

Junior Chris DeLuca shows off his moves.

Juniors Amie Dibbern and Polyna Kim.

Some boys sit on the sidelines during dances.

Juniors Lyla Al-Husseini and Courtney Dunn.

Some Junior boys are ready to get the photos over with!

A group gathers for the obligatory photo session with mom and dad

Some Juniors are really enjoying themselves.

Juniors Jill Kirastoulis, Sara Tufts, Lara Fereshetian, and Lauren Halper get comfortable.

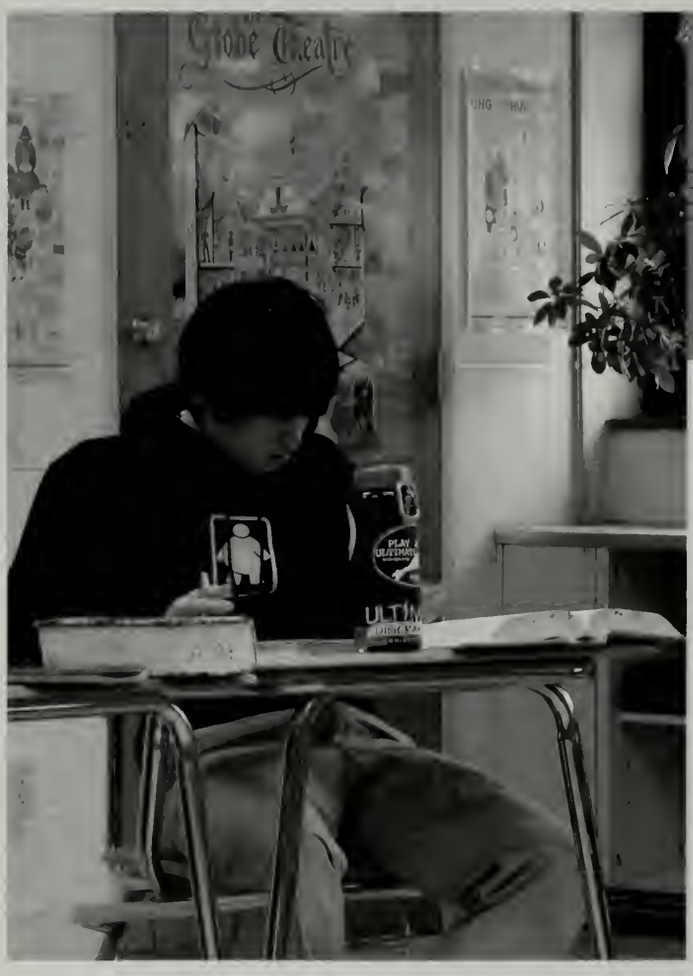
Seniors James Reardon, Kara Levy, Ryan Fortsch, and Jenn Levy are ready to go.

In Class

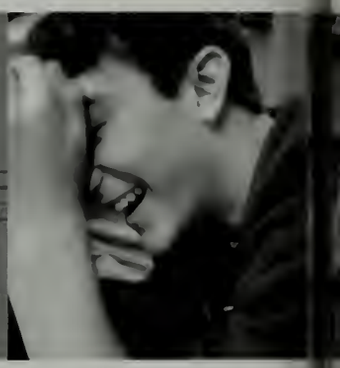
ABCEFG...DABHFE...CADGEH...BCDHGF

Seniors Tom McDonald and Nick Hatzis observe some slides in AP Biology.

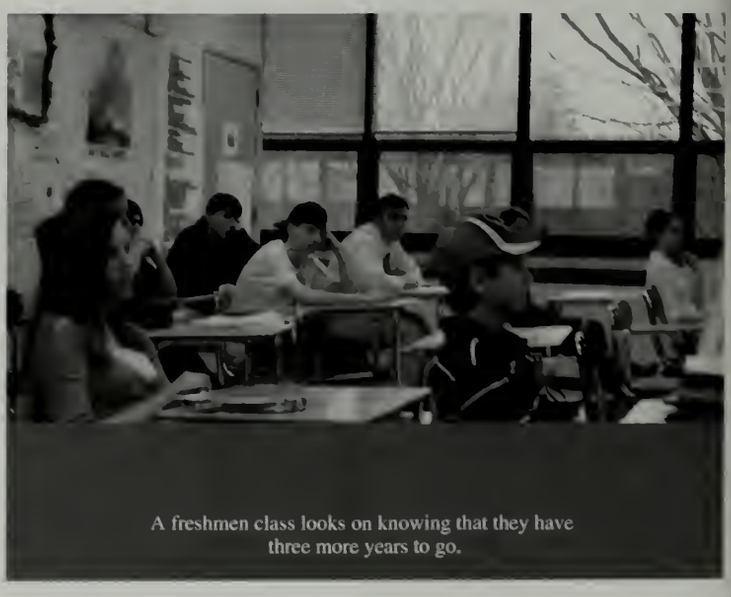
Junior Chandler Morehardt blows bubbles in AP Physics.



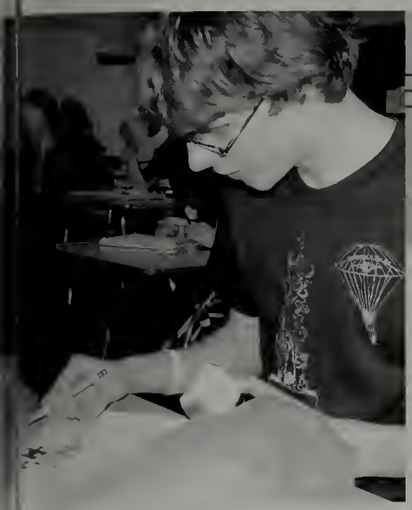
Senior Tommy Li takes notes during class.



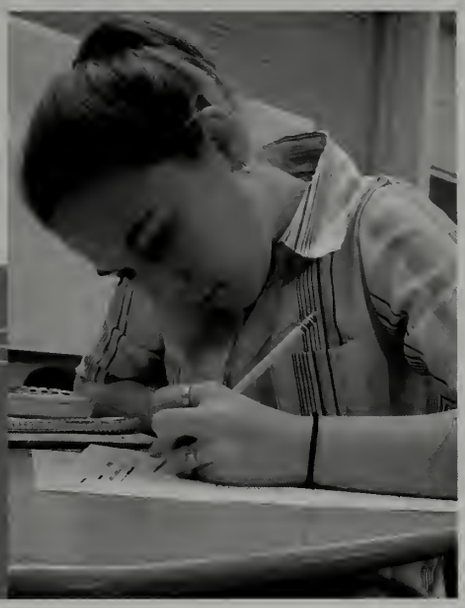
Laughing is one of the best ways to stay sane.



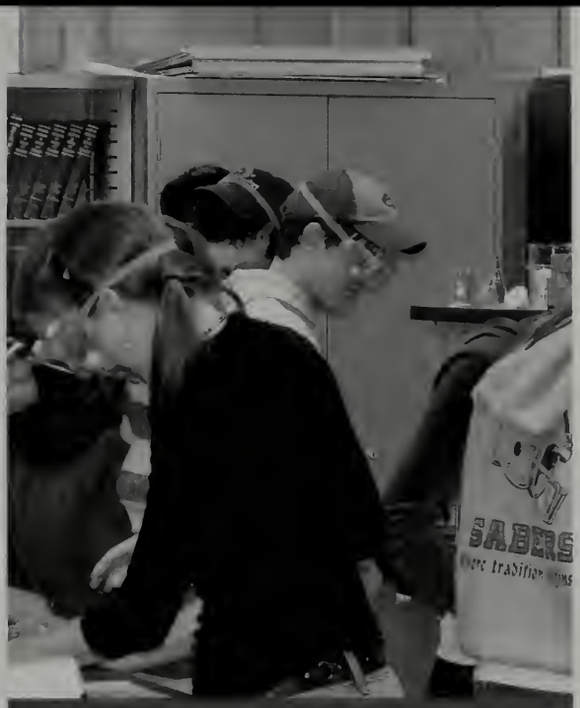
A freshmen class looks on knowing that they have three more years to go.



Senior Ben Durfee avoids his work for something much more enjoyable: puzzles!



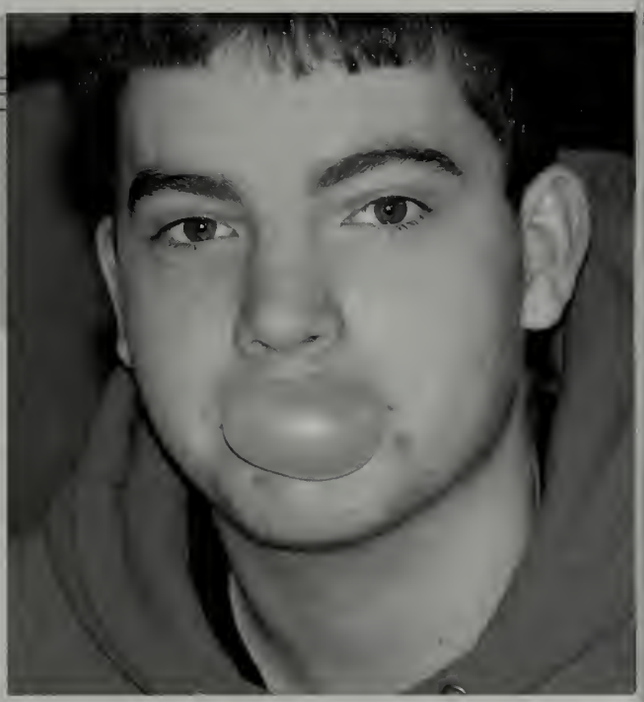
Some students, such as senior Kimi Schimidt, use their studies to actually do some homework.



Sophomores work hard during one of their many chemistry double labs.

Relaxing in the library is definitely the way to go.

Brett Methe works on something productive during Math class.



Heavy backpacks are everywhere.

Out of Class

What do you do with your freedom?

The girls ultimate frisbee team takes a break from a tournament to pose for a team picture.

The crowd gets into a football game.

Senior Nina Santaniello puts a hold on passing time to rep her future college.

Freshman Hannah McGrath and Junior Jenna Carando

Fans came out to support the girls volleyball team as they won the title of Western Mass Champions.

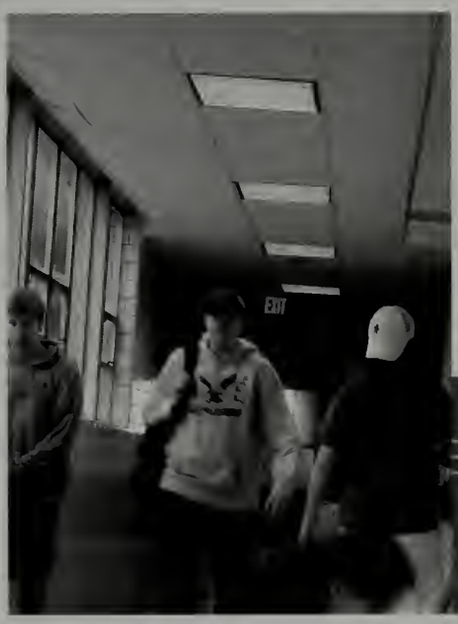
Junior Alex Clayton spends some of her free time on stage.

Senior Annie Hopkins traveled to New York to support the Symphony Orchestra.

Michelle Loizzo enjoys a kiss from an admirer.

Sophomore Jen Burton, Freshman Griffin McMahon, and Senior Sean Kenney disregard class to meet up in the hall.

Members of the swim team get together for a team dinner: a time to bond and prepare for a tough meet the next day.



The halls are blurry during the four short minutes between classes.

Congratulations!

All-State Chorus, Orchestra and Band

Chorus

Orchestra

Band

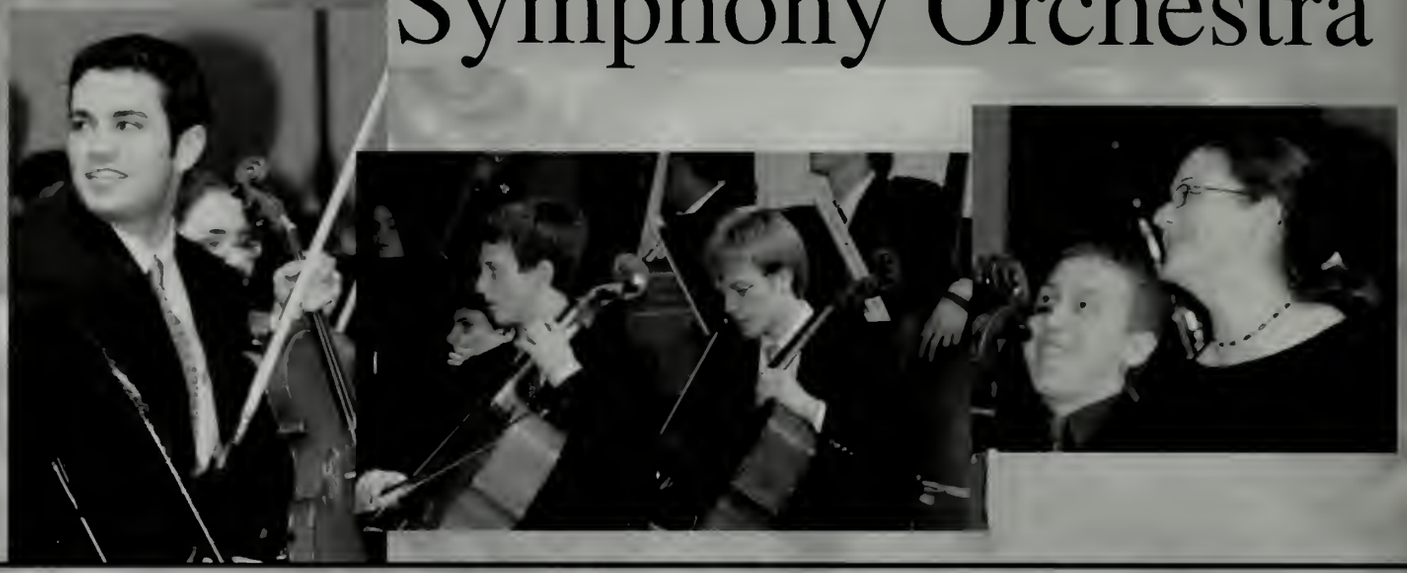
where do you fit in?

..musically

"The feeling of being on stage is like no other. Finally presenting something you have rehearsed over and over again is so rewarding." -Stephen Russell

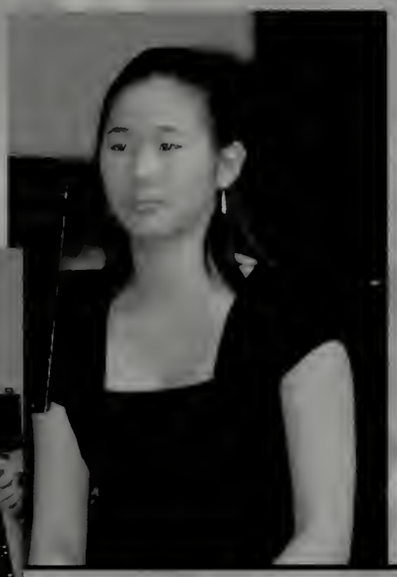
"Music is your own experience, your thoughts, your wisdom. If you don't live it, it won't come out of your horn." -Charlie Parker

Symphony Orchestra



Adamski, M., Anderson, E. Barnett, M., Brooks, S. Chechette, M., Cheung, W., Chou, A., Ciciretti, A., Clarke, D., Connery, M., Crafts, P., Crimmins, T., Erwin, E., Fox, A., Freyman, N., Gallo, R., George, E., George, R., George, T., Guo, J., Hauser, E., Healy, E., Janes, S., Keator, L., Knoll, D., Krahala, D., Kronlund, B., Lachiusa, K., Latka, A., Leavitt, S., Li, F., Li, R., Lysik, M., Manzi, A., Marinelli, N., McCormack, A., McMahon, G., Mernoff, E., Miehm, J., Morehardt, C., Nicholson, J., Niedzwiecki, C., Nowak, M., Pinto, M., Prast, B., Prats, E., Pyers, A., Randall, M., Reilly-Evans, B., Robinson, A., Ryan, B., Rzepka, R., Santos, C., Seabury, A., Shea, T., Sobel, E., Susai, C., Sweeney, H., Torpey, E., Tzeng, J., Vass, N., Vien, A., Wu, J., Yu, V., Zhang, S., Zhu, S.

Wind Ensemble



Aberdale, L., Barnett, S., Batista, N., Blackman, J., Brinnel, P., Bsat, J., Cadirov, N., Capruso, A., Ciciretti, A., Cirillo, J., Fioretti, A., Greenberg, M., Guo, E., Halista, M., Hedges, T., Heffernan, T., Henderson, G., Henderson, R., Hopkins, S., Howitz, J., Janes, C., Janes, W., Kashikar, A., Klein, S., Lewis, S., Liu, J., McCarthy, T., Melchiona, A., Mernoff, B., Miao, Mucci, S., Nayyar, N., Papale, M., Pascal, A., Pascal, M., Patel, E., Patel, R., Weigand, R., Yuan, M.

Jazz Band and

Batista, N., Brinnel, P., Chou, A., Freedman, A., George, T., Halista, M., Henderson, G., Henderson, R., Janes, C
Janes, S., Kashikar, A., Melchiona, A., McMahon, G., Morehardt, C., Pascal, A., Patel, E., Robinson, A.

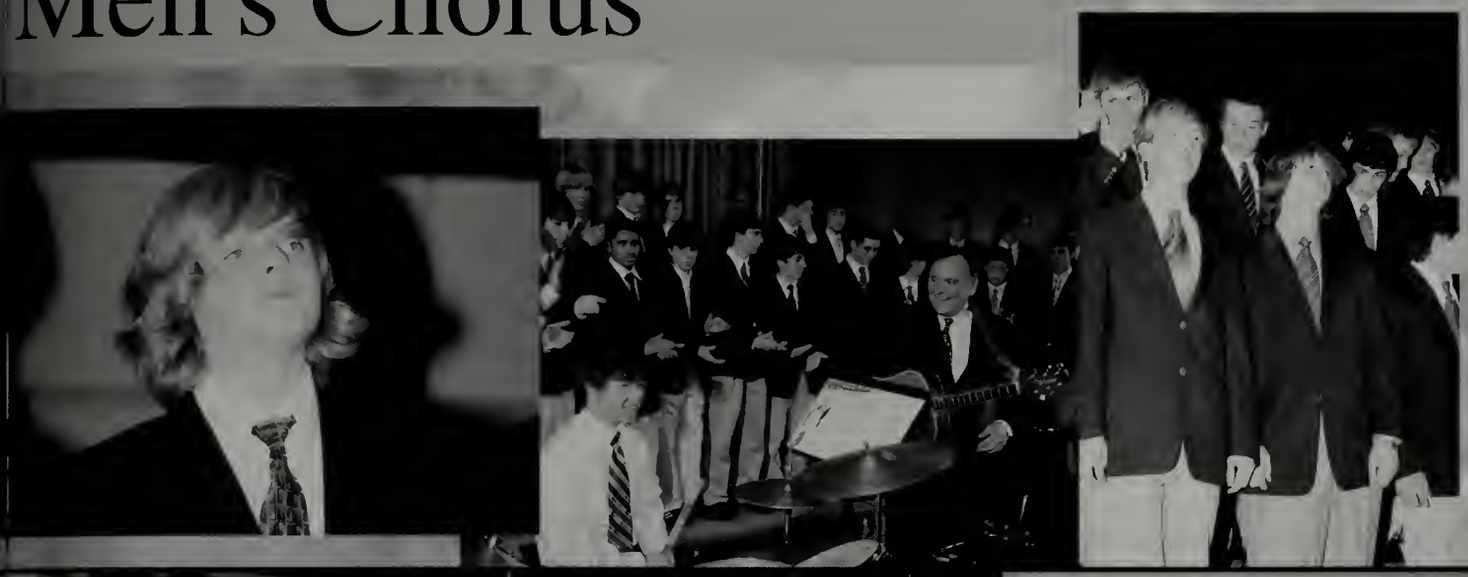
Concert Band

Anderson, J., Aye, C., Barnhart, C., Benoit, E., Bensche, K., Boutin, B., Casey, T., Connors, S., Coughlin, T., DeLisle, S., Desrochers, R., Devin, T., Freedman, A., Freeman, K., Gagne, G., Gange, M., Gavin, B., Gibson, C., Grippo, M., Grow, P., Hedges, C., Hirsch T., Hottin, E., Johansen, C., Kim, P., Kinne, M., Kinne, T., Lakritz, E., Latka, S., Layman, S., Manzi, A., McEvoy, S., Melchionna, A., Mentor, C., Metropoulus, M., Michelman, G., Middleman, K., Middleman, L., Miller, H., Narrigan, A., Overstreet, D., Oxx, L., Papale, D., Pollack, N., Sanborn, K., Sato, M., Sato, T., Shvakhman, J., Sopet, J., Suzor, T., Thau, M., Weiss, M., Wysocki, M.

Women's Chorus

Albert, K., Amegan, J., Banning, S., Burke, H., Burt, E., Camerlin, C., Camerota, C., Cartelli, C., Clayton, J., Collins, M., Corwin, C., Dudeck, C., George, R., Gibson, C., Gustafson, G., Hanningan, S., Hebert, J., Hedges, C., Holmes, E., Jaron, K., kmon, A., Korobkova, L., Leibman, R., Lockhart, K., Loizzo, A., Lubenstien, L., Lussier, V., Madabhushi, S., Minardi, R., Navarrete, C., odutola, O., Pen, N., Pierce, E., Reilly-Evans, K., Rowe, A., Shack, S., Smith, S., Tariff, I., Thor, K., Tufts, O., Wacks, S.

Men's Chorus



ams, B., Ahearn,B., Alger, J., Anderson, M., Banda, C., Barnett, S., Bistran, A., Blais, N., Breshnahan, J., Brunner, S., Caliento, T., Camargo, C., Cangilosi, P., Cool, ., Diamond, C., Emma, J., Farris, T., Ferrentino, F., Gallucci, P, Hadley, M., Hardy, E., Hinman, W., Hutchins, A., Jaconson, J., Kanake, D., Karim, B., Karolinsky, . Kenny, S., Kim, J., Kinne, M., Kine, T., Knoll, B., Krevalin, M., Kronlund, Z., Lazarus, J., Low, T., Manzi, L., Markenson, M., McKeown, S., Miller, J., McQuade, Morehardt, M., Muratore, M., Myers, J., Nevill, L., Okun, L., Pappas, J., Patel, E., Petroff, R., Plumb, B., Ratnee, M., Routier, A., Russell, S., Seabury, A., Spallino, W., Stern, J., Stewart, T., Teed, J., Torcia, M., Weigand, E., Welch, A., Zak, M., Zimmerman, Z., Zygman, J.

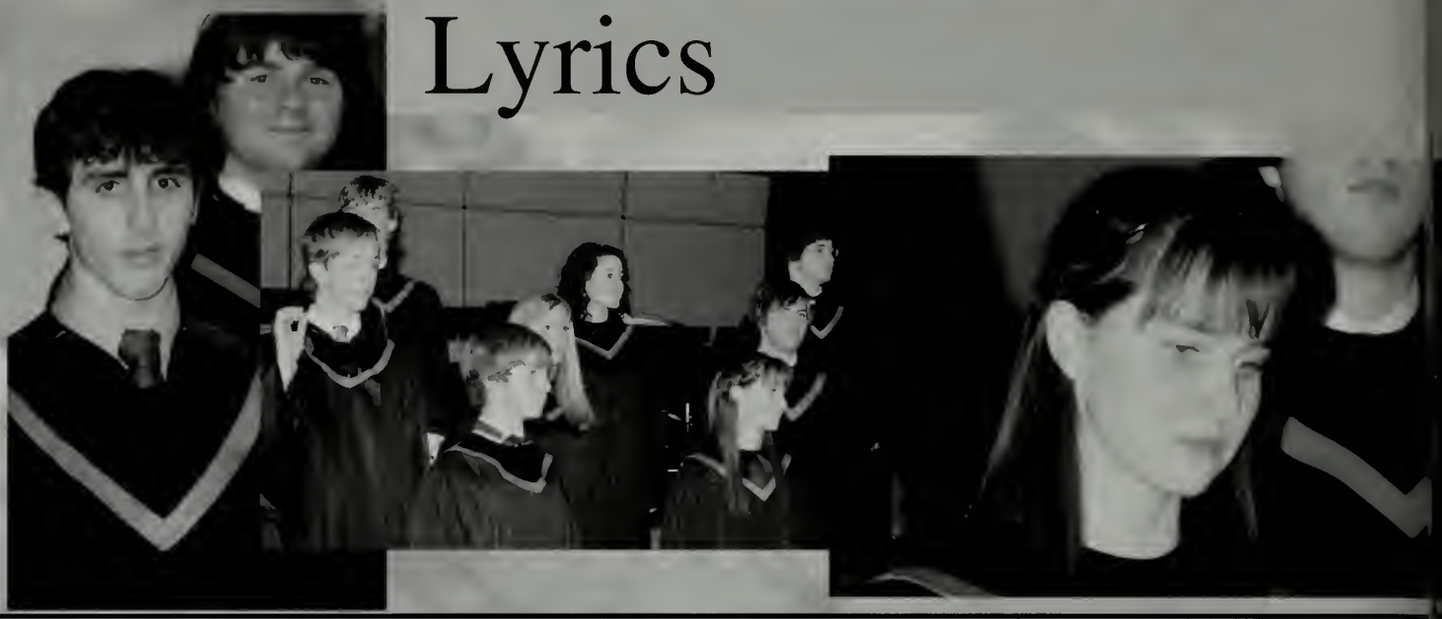
La Cappella

Albano, K., Amato, E., Andrews, S., Bailey, A., Berube, E., Boutin, K., Brenker, J., Brindle, B., Brooslin, A., Brust, A., Bsat, M., Burke, M., Burton, J., Buscemi, O., Calder C., Capell, B., Casey, H., Chalt, A., Chatman, J., Chatman, J., Clark, K., Clayton, A., Consedine, M.,Cooper, V., Covalli, S., D'Angelo, M., DeMarco, A., Dibbern, A., Drenhan, C., Fahy, M., Farris, E., Fearn, R., Fereshetian, L., Ferreira, E., Fitzpatrick, A., Flynn, E., Foley, F., Fortsch, M., Gagnon, A., Gendreau, V., Halchak, C., Harmanl A., Harris, P., Hinman, M., Iancu, A., Ingram, A., Kearse, J., Kietzman, A., Kimmel, R., Kivari, A., Kristoffy, K., Kuphal, C., LaCombe, J., LaFountain, K., Lakritz, D., Llorens, M., Lucey, A., Marsh, E., Miehm, J., Nystrom, N., Olney, E., Orr, E., Peck, B., Pettersen, L., Pierre-Pierre, E., Pohli, D., Rasmussen, R., Reardon, C., Reilly, L., Rzepka, D., Santinellp, G., Santinello, N., Shallbetter, B., Shea, P., Shypula, K., Skole, A., Soucy, A., Tamsin, J., Thomas, L., Tobin, P., Tufts, S., Underwood, S., Vivian, A Wiles, S., Zeller, D.

Accidentals

Anderson, E., Berube, E., Burton, J., Buscemi, O., Calderon, C., Dibbern, A., Fearn, R., Ferreira, E., Gagnon, A., Geroge, E., Gershen, E., Hadley, M., Harmanli, A., Hauser, E., Hedges, T., Houff, E., Kearse, J., Leshine, S., Li, S., Llorens, M., Middleman, K., Miehm, J., Onley, E., Patel, R., Purrington, H., Santinello, N., Soucy, A., Spelman, G., Vivian, M.

Lyrics



Barnett, M., Borowsky, E., Brinnel, p., Calderon, C., Chou, A., Cress, E., Durfee, B., Engell, D., Fagan, K., George, E., George, T., Gershen, E., Gerweck, S., Grippo, M., Hadley, M., Hauser, E., Hedges, T., Higham, M., Hopkins, A., Houff, E., Hutchins, A., Kenny, S., Klien, E., Lakritz, E., Leshine, S., Li, S., Mangan, B., McCormack, A., McKeithen, A., McMahon, G., Middleman, K., Nowak, M., Overstreet, D., Patel, R., Pollack, N., Purrington, H., Rzepka, R., Spelman, G., Torpey, E., Torpey, M., Vivian, M.

I Cantori

Brinnel, P., Calderon, C., Durfee, B., Engell, D., George, T., Gerweck, S., Hadley, M., Hopkins, A., Hutchins, A., Leshine, S., McKeithen, A., McMahon, G., Middleman, K., Pollack, N., Spelman, G.

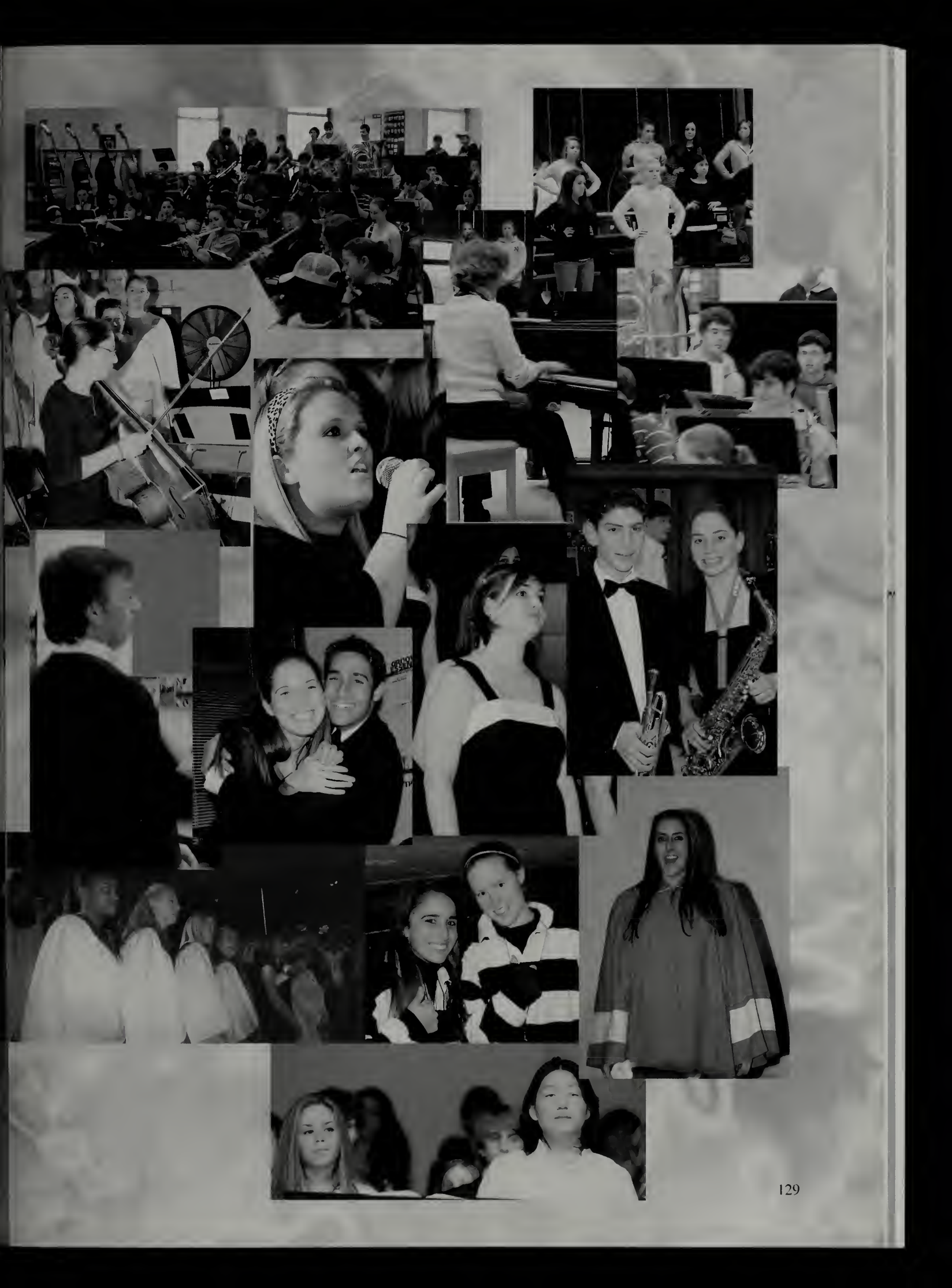


Photo by Beth Bennet

Artwork by Alyssa Neville

AP Art student

Photo by Sarah Barnes

Artwork by Erika Anderson

Artwork by Chelsea Cadirov

Artwork by Brittany Gyllenhammer

where do you fit in?

...artistically

Photo by Pat Williams

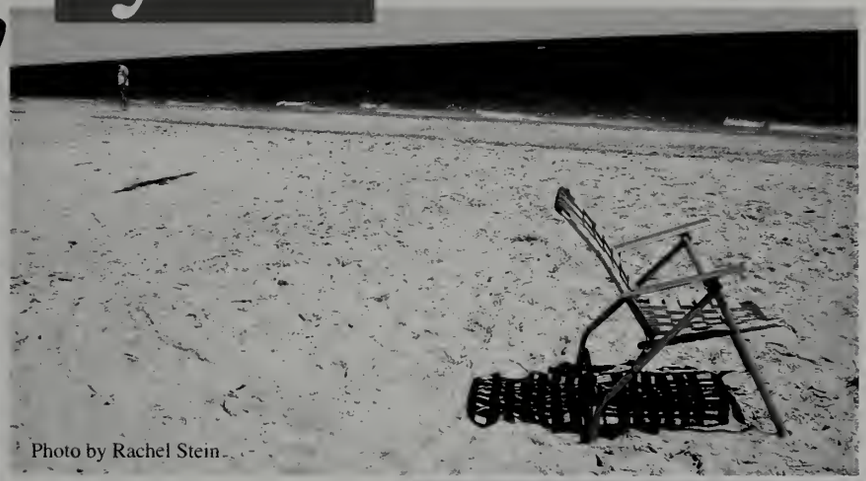
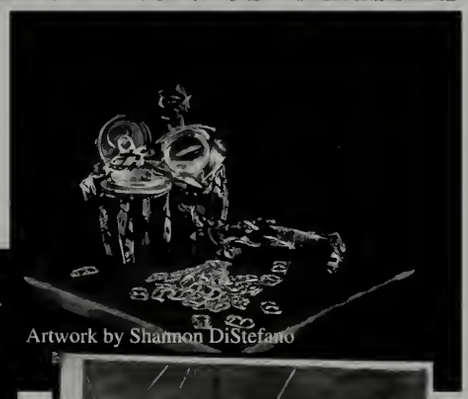


Photo by Rachel Stein

"We are so lucky to have awesome art teachers to help us explore our creative abilities." -Stephen Russell

"Art is the stored honey of the human soul, gathered on wings of misery and travail." -Theodore Dreiser

"Art is nothing more than the shadow of humanity." -Henry James



Artwork by Shannon DiStefano

Artwork by David Parker

Photo by Jackie Therrien

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10
7
20
MEDICAL
20
2251
LONGMEADOW
XC
171
PowerBar
22
23

where do you fit in?

...athletically

"Sports are a way of showing your character by what you can do for your team." -LHS Student

"In America it is sports that is the opiate of the masses." -Russell Baker

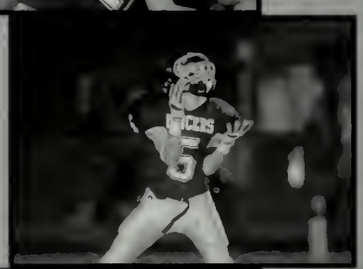
"We all played poorly. It wasn't just one guys fault. It was a real team effort." -Arnette Hallman

"For when the Great Scorer comes
to write against your name,

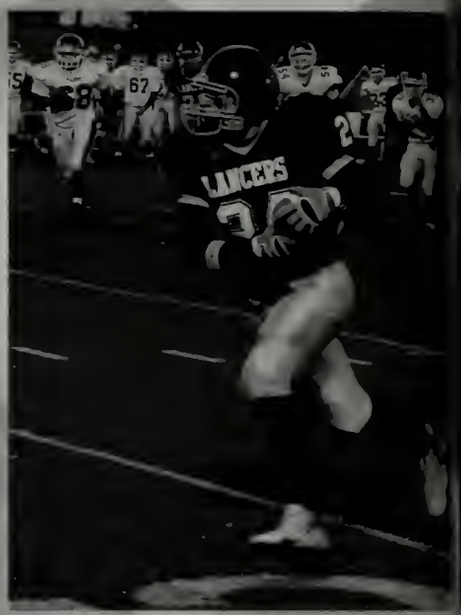
He marks-not that won or lost-
but how you played the game." -Grantland Rice

Football

2007
Superbowl
Champions



A Winning Season



Quarterback Pat Donnelly
throws to Chris Michael

Scoreboard

	Us	Them
Stoughton	35	0
South Hadley	51	8
Chicopee	56	12
Westfield	35	7
Minnechaug	42	21
Northampton	47	7
Central	36	6
Amherst	48	0
Agawam	48	8
Holyoke	46	21
E. Longmeadow	24	0
Minnechaug	35	7
Super Bowl		
Leominster	21	0

Above:
Captains Pat Donnelly,
Sam McGrath, and Jon Kolb

Far Left:
Senior Sam McGrath

Immediate Left:
The Champions Celebrate

Top Center:
Chris Michael, Sam McGrath,
and Niko Sierra

Above:
Captains Maddy Miller
and Becky Ehrlich

Far Right:
A Tricky Balancing Act

Immediate Right:
Always Smiling!

Top Center:
Strike a Pose!

Cheerleading

"Let's Go Meadow!"

Cross Country

Long, Slow Distance

From top: Billy Sterritt, Seamus McEvoy, Ben Durfee, Dan Bourdeau, Justin Coniff

Scoreboard

	Us	Them
Boys		
Central	15	49
Northampton	28	29
E. Longmeadow	24	31
W. Springfield	16	46
Sci-Tech	15	50
Westfield	23	34
Amherst	38	20
Girls		
Central	15	50
Northampton	43	18
E. Longmeadow	27	28
W. Springfield	15	50
Sci-Tech	15	50
Westfield	23	33
Amherst	38	19

Above:
Captains Doninique Laliberte, Annie Hopkins, and Allie Jacquemin

Far Left:
The Team Goofs Off After a Tough Race

Immediate Left:
Intense Focus Keeps the Runners on Track

Above Left:
Never Let Them See You Sweat!

Scoreboard

Them	Us	
1	2	W. Springfield
0	1	Holyoke
3	2	Agawam
4	3	Chicopee
1	0	Amherst
0	4	Westfield
0	7	Central
3	0	Minnechaug
3	1	Ludlow
4	4	E. Longmeadow
1	2	Cathedral
1	0	Westfield
2	5	Central
1	6	Agawam
2	1	Chicopee
1	2	E. Longmeadow
1	1	Holyoke
0	5	W. Springfield
0	3	Chicopee Comp
0	1	Amherst
0	1	Chicopee
		WMass Finals
3	0	Ludlow

Above:
Captains Kenny Howard
and Billy Walen

Far Right:
Senior Kenny Howard

Immediate Right:
Senior Sam Hopkins

Top Center:
Senior Scott Beaulac

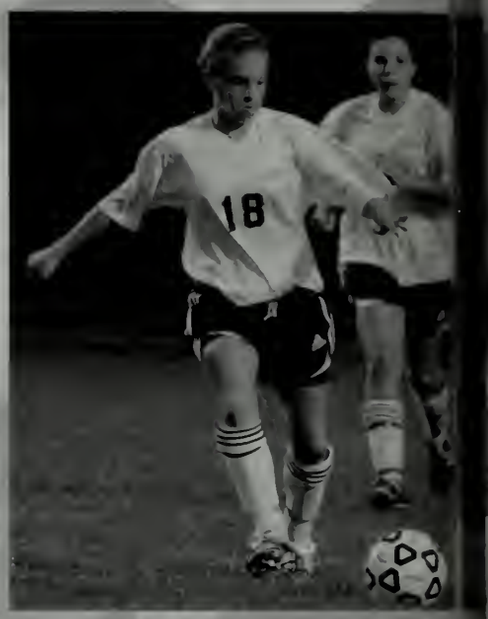
Boys Soccer

A Record Breaking Season

Intense Focus Helped the Team Travel Far

Girls Soccer

An
Amazing
Season



Scoreboard

	Us	Them
W. Springfield	1	3
Belchertown	0	3
Westfield	2	3
St. Peter-Marion	2	4
Exeter	4	1
Agawam	3	2
Amherst	5	1
Ludlow	0	2
Minnechaug	0	3
E. Longmeadow	1	4
W. Springfield	1	3
Cathedral	0	2
Amherst	2	4
Westfield	2	3
E. Longmeadow	0	3
Agawam	1	0
Belchertown	0	0
Minnechaug	0	5

Above:
Captains Mollie Mackler
and Margo Hanmer

Far Left:
Junior Kelsey Yam

Immediate Left:
Each Game Was a Series of Tough
Battles

Above Left:
Junior Eliza Cress
and Freshman Jenna Rome

Scoreboard

Us	Them	
3	0	Mohawk
6	0	Athol
3	0	Frontier
4	0	Greenfield
4	2	Smith Academy
1	0	Simsbury
7	0	E. Longmeadow
5	0	W. Springfield
4	0	Southwick
2	2	Amherst
3	0	Minnechaug
5	0	Northampton
5	0	W. Springfield
1	1	Tantasqua
1	0	Southwick
2	0	Amherst
3	1	St. Peter-Marion
4	1	Northampton
6	0	E. Longmeadow
1	0	Amherst
3	0	WMass-Mohawk
0	1	State Semi-Shrewsbury

Above:
The team looks on during a game.

Far Right:
Senior Katie Phillips

Immediate Right:
Junior Annie Keitzman

Top Center:
Seniors Pose with their Infamous Skull

Field Hockey

LHSFH2K7

Western Mass Champions

Junior Lexi Casicelli takes a shot.

Volleyball

Western Mass Champions

The action heats up

V-UNIT

Scoreboard

	Us	Them
Minnechaug	3	2
Amherst	3	0
Westfield	3	0
Sci Tech	3	2
Chicopee Comp	3	2
Ludlow	3	0
E. Longmeadow	3	2
Agawam	3	0
W. Springfield	3	0
Minnechaug	3	2
Frontier	0	3
Westfield	3	2
Sci Tech	3	0
Turners Falls	2	3
Ludlow	3	0
Pioneer Valley	3	0
E. Longmeadow	3	2
Agawam	3	2
W. Springfield	3	1
Amherst	3	2
W. Springfield	3	1
WMass Amherst	3	0
State Semi Westborough	0	3

Above:
Senior Captains Alissa Danalis, Samantha Burton, and Sarah Janes

Far Left:
Junior Setter Natalie Zucker

Immediate Left:
The team huddles during the pre-game warm up.

Above Left:
Senior Samantha Burton prepares for a serve.

Scoreboard

Them	Us	
250	229	Minnechaug
257	297	W. Springfield
246	255	Cathedral
247	256	Agawam
240	239	South Hadley
233	238	Agawam
238	309	Southwick
228	226	Minnechaug
231	239	Cathedral
246	237	South Hadley
228	243	Northampton
235	266	Palmer
218	228	E. Longmeadow
232	293	Chicopee Comp
241	290	Chicopee
232	220	E. Longmeadow
	3rd	Western Mass State
	12th	Championship

Above:
Captains Jack Henley and Derek Smith

Far Right:
Teamwork is the key to success

Immediate Right:
Keep your eyes on the ball

Top Center:
Taking a break from the action

Golf

Always On
Par for the Course

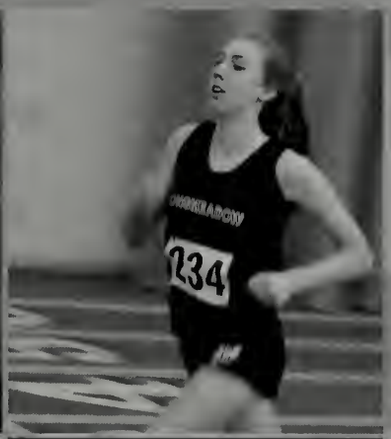
Indoor Track

Girls
WMass
Champions

Running Hard Got the Boys Far

Scoreboard

	Us	Them
Boys		
Northampton	50	45
Holyoke	48	47
Westfield	67	28
Amherst	57	38
Agawam	73.5	20.5
Chicopee Comp	70.3	24.7
W. Springfield	80	15
Minnechaug	41	54
Western Mass	2nd	
Girls		
Northampton	62	43
Holyoke	72	23
Westfield	67	28
Amherst	73	22
Agawam	50.5	44.5
Chicopee Comp	80	15
W. Springfield	79.5	15.5
Minnechaug	55	40
Western Mass	1st	



Above:
Junior Andrea Davis

Far Left:
Senior Jessie Shapiro

Immediate Left:
An Early Lead Gives the Runners an Advantage

Above Left:
Senior Shannon DiStefano

Scoreboard

Them	Us	
49	65	Amherst
61	56	E. Longmeadow
48	72	Pittsfield
68	60	W. Springfield
		Bridgeport
66	46	Harding
63	51	E. Longmeadow
60	64	Holyoke
48	61	Chicopee
55	58	Sci Tech
57	60	Commerce
65	66	South Hadley
45	61	Minnechaug
44	59	Chicopee Comp
59	66	Westfield
49	69	Putnam Voc.
57	64	Chicopee
46	57	Minnechaug
48	82	Chicopee Comp
40	71	Westfield
57	73	Putnam Voc.
71	73	E. Longmeadow
51	55	Cathedral
		WMass
56	59	W. Springfield
		State Semi
59	50	St. John's Prep

Above:
Captains Pat Donnelly
and Matt Sherman

Far Right:
Senior Scott Beaulac

Immediate Right:
Senior Dan Polasky

Top Center:
Senior Sam McGrath

Boys Basketball

Western Mass
Champions

Girls Basketball

Another
Great
Season

Scoreboard

	Us	Them
Ludlow	47	51
Chicopee	67	49
Northampton	43	59
Belchertown	60	31
Chicopee Comp	53	50
W. Springfield	48	63
Amherst	52	53
E. Longmeadow	35	48
Westfield	57	47
Holyoke	37	53
Minnechaug	27	43
Central	46	60
Minnechaug	26	62
Agawam	46	47
Cathedral	53	27
E. Longmeadow	47	59
Central	31	51
Agawam	40	26
Cathedral	39	23
Westfield	43	39

Above:
Senior Captains Caitie Izzo, Corey Underwood, and Emily Stankiewicz

Far Left:
Senior Emily Stankiewicz

Immediate Left:
An Intense Huddle Pumps the Team Up

Above Left:
Tough Competition Gave the Girls a Run for their Money

Scoreboard

Week 1-1/3
Girls-2nd
Boys-1st

Week 2-1/10
Girls-3rd
Boys-1st

Week 3-1/17
Girls-3rd
Boys-1st

Week 4-1/24
Girls-5th
Boys-1st

Week 5-1/29
Girls-3rd
Boys-1st

Week 6-1/31
Girls-3rd
Boys-1st

Week 7-2/7
Girls-3rd
Boys-1st

Individuals (combined)		States	
Girls	**Boys**	**Girls**	**Boys**
Mentor (8th)	M. Gagne (2nd)	Team- 19th	Team-2nd
	G. Gagne (4th)		Slalom
	Wagner (6th)		Wagner (9th)
	Parker (7th)		Parker (13th)
	Grow (9th)		G. Gagne (20th)
			M. Gagne (24th)

Above:
Senior Captain Gavin Parker

Far Right:
Senior Captain Emily Gershen

Immediate Right:
Senior Captain Matt Gagne

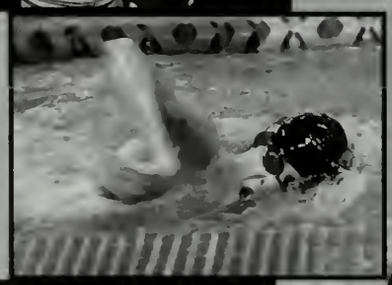
Top Center:
Seniors take a Break
from the Slopes to Pose

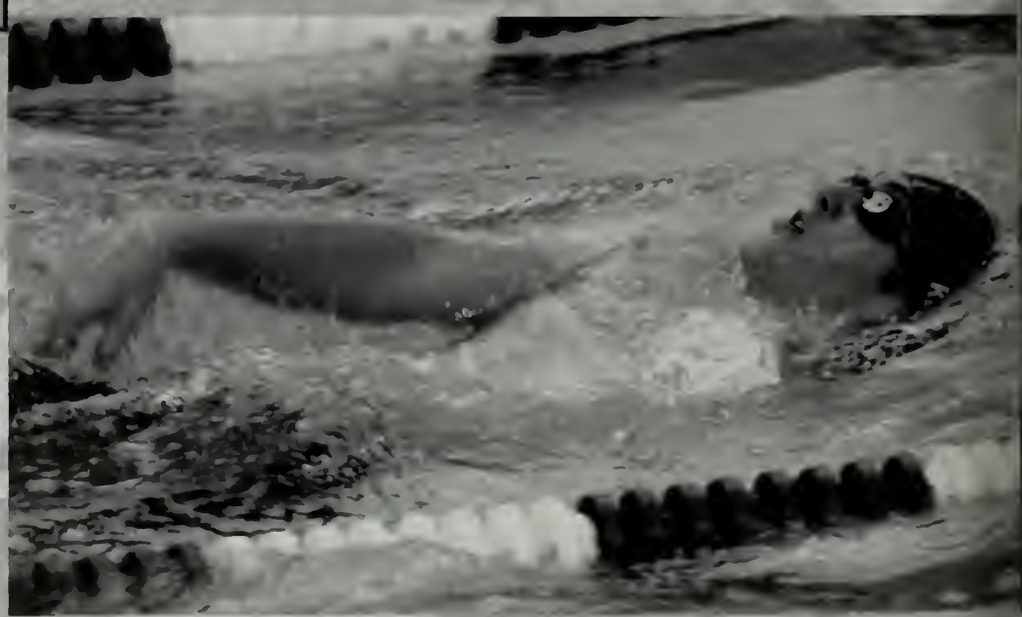
Skiing

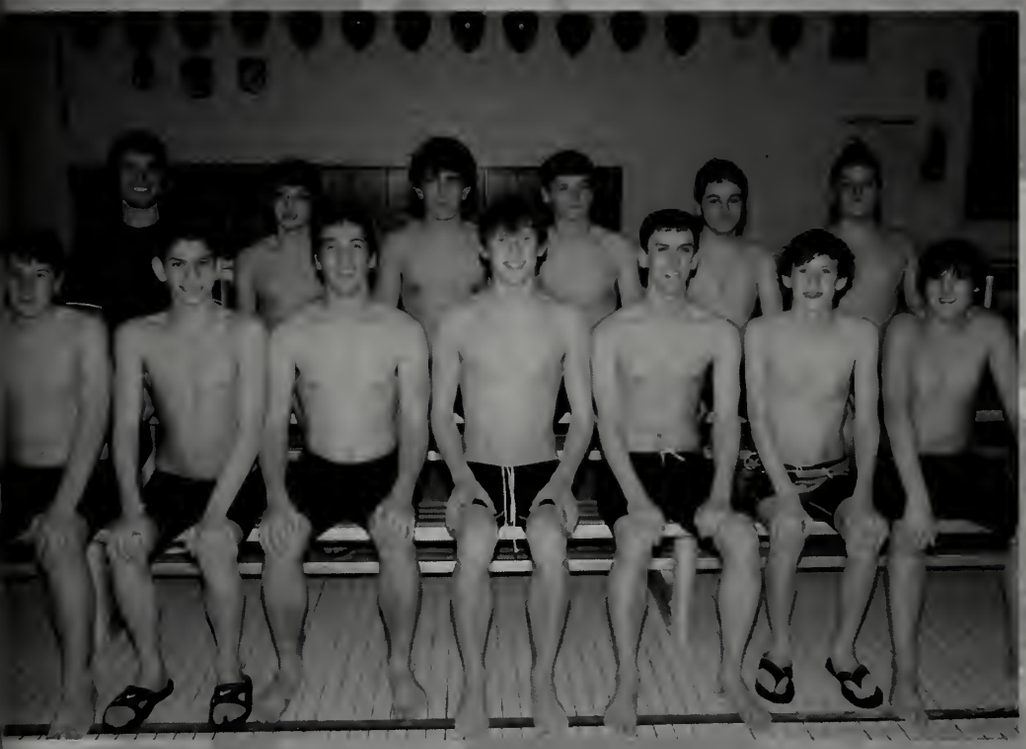
Western
Mass
Champions

Boys Swimming and Diving

Making
A Splash







Scoreboard

	Us	Them
Minnechaug	47	51
Central	117	66
Monson	94	89
Northampton	83	100
Westfield	96	87
E. Longmeadow	46	55
Minnechaug	88	82
Central	100	68
Monson	97	83
Northampton	86	97
Westfield	96	86
E. Longmeadow	84	99
WMass	3rd	
States	6th	

Above:
Billy Sterritt, Alex Latka, Alex Pascal, and Matt Grippo

Far Left Top:
Head Coach Andrew Schmidt and Assistant Coach John Liu

Far Left Bottom:
Brothers Steven Latka and Senior Captain Alex Latka

Immediate Left:
Sohpomore Matthew Belkin

Scoreboard

Them	Us	
34	68	Minnechaug
50	138	Central
72	113	Monson
101	85	Northampton
84	102	Westfield
40	62	E. Longmeadow
62	124	Minnechaug
51	132	Central
54	131	Monson
100	86	Northampton
86	106	Westfield
51.5	113.5	E. Longmeadow
	2nd	Wmass
	4th	States

The oldest school record in girls swimming and diving is just two years old!

Above:
Senior Captains: Rachel Stein, Kimi Schmidt, Melanie Pascal, and Juliet Wu

Far Right Top:
Kimi Schmidt makes a perfect entrance into the water. Kimi won back-to-back WMass Diving Championships and currently holds the two school diving records.

Far Right Bottom:
All-American Swimmer and Sophomore Sara Li. Sara has won four WMass and four State individual titles in swimming. She currently holds six individual and three relay school records.

Immediate Right:
Mel Pascal takes her mark. In her two years of high school swimming, Mel won three WMass and three State individual titles.She holds the school record in the 100 Back and 500 Free as well as three relay records.

Girls Swimming and Diving

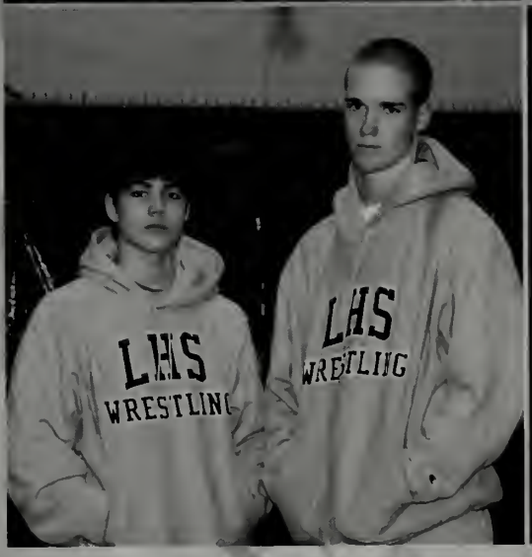
A Lap
Ahead Of
The Rest

Wrestling

Strength
and
Determination

Scoreboard

	Us	Them
Minnechaug	42	31
Early Bird	2nd	
Agawam	34	27
Ludlow	33	37
Athol	50	8
Marlboro	56	18
S. Hadley	72	12
Southwick	50	26
Cathedral	60	12
W. Springfield	30	37
Bridgewater Raynham	28	48
Plymouth South	18	46
Central	23	35
Pathfinder	53	18
Farmington	26	41
Duanesberg	18	52
Westfield	39	22



Above:
Staring Down the Competition

Far Left:
Senior Ryan Fortsch

Immediate Left:
Captains Junior Chris Deluca and Senior Ryan Fortsch

Above Left:
The Seniors Know How to Intimidate

Scoreboard

Them	Us	
2	2	Ludlow
4	1	Westfield
1	2	Minnechaug
0	4	W. Springfield
2	4	Ludlow
3	3	Scituate
6	1	Westfield
1	0	E. Longmeadow
0	4	W. Springfield
5	1	Cathedral
1	6	Ludlow
6	4	E. Longmeadow
3	2	Minnechaug
1	4	W. Springfield
4	1	Minnechaug
1	3	E. Longmeadow
1	4	Westfield
5	1	Sandwich
1	9	Bishop Stang
2	4	Bellerick
2	3	E. Longmeadow
		Western Mass
2	1	Westfield

Above:
Senior Captains Sean McDermott, Chris Hess, Axel Nilsson, and Mike Carlson

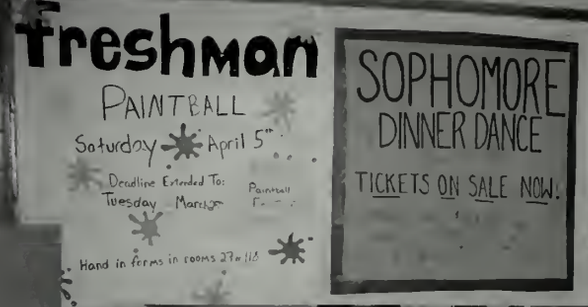
Far Right:
Open for a shot

Immediate Right:
Taking down the opposition

Top Center:
Making a quick break away

Hockey

A Season To Remember


Freshman
PAINTBALL
Saturday April 5th
Deadline Extended To:
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Hand in forms in rooms 27 or 118
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TICKETS ON SALE NOW!

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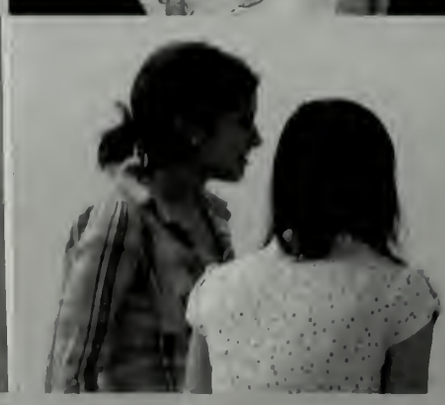


where do you fit in?

...clubs and organizations

"Please accept my resignation. I don't care to belong to any club that will have me as a member." -Groucho Marx

"Clubs are where students can express what is important to them." -LHS Student

Debate Team

"It is better to debate a question without settling it than to settle a question without debating it." - Joseph Joubert

Unity Club

"When spider webs unite, they can tie up a lion." -African proverb

Alone we can do so little; together we can do so much."
-Helen Keller

Mock Trial

"The law is not an end in itself, nor does it provide ends. It is preeminently a means to serve what we think is right." William J. Brennan

French Club

"Our progress as a nation can be no swifter than our progress in education. Our requirements for world leadership, our hopes for economic growth, and the demands of citizenship itself in an era such as this all require the maximum development of every young American's capacity. The human mind is our fundamental resource." -John F. Kennedy

National Honor Society

"The ultimate foundation of honor is the conviction that moral character is unalterable." -Arthur Shopenhauer

"How can peoples of different, mutually unintelligible languages, and dissimilar ways of life get along peaceably together?" -Clyde Kluckhohm

Spanish Club

International Club

"It is the task of radical thought, since the world is given to us unintelligibly, to make it more unintelligible, more enigmatic, more fabulous." -Jean Baudrillard

Latin Club

German Club

Environmental Club

"We abuse the land because we regard it as a commodity belonging to us. When we see land as a community to which we belong, we may begin to use it with love and respect." -Aldo Leopold

East Asia Society

"If you have only two pennies left in the world, with the first penny, you should buy rice to feed your family. With the second penny, say the wise Japanese, you should buy a lily. The Japanese understand the importance of dreaming." -Annie Walker quoting a Japanese proverb

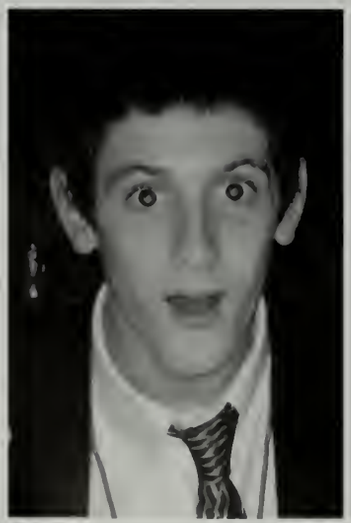
"In journalism, there has always been a tension between getting it first and getting it right." -Ellen Goodman

"The public have an insatiable curiosity to know everything...except what is worth knowing. Journalism, concious of this, and having tradesman-like habits, supplies their demands." -Oscar Wilde

"Newspapers should have no friends." -Joseph Pulitzer

The Jet Jotter

Business Professionals of America



Dodgeball!

Key Club

Flynn Vickowski and Jason Guo serve ice cream at freshmen orientation.

Below:
Members volunteering at Loaves and Fishes, a local food pantry.

Right:
Advisor Mrs. Browne at the grill in the concessions stand.

Gabrielle Krach and her winning gingerbread house design made for teacher appreciation.

Left:
Key Clubbers at a weekly Monday meeting in the school cafeteria.

Above:
Jason and Paige volunteering at the concessions stand during a football game.

Key Club Executive Board
L-R: Sara Putnam, Juliet Wu, Vincent Yu, Mike Greenberg, Polina Berdnikova, Flynn Vickowski, Jamie Gerlach, and Jason Guo

"Caring - Our Way of Life"

Above:
Jamie and Polina work at concessions.

Below: Dan and Conner pose with their gingerbread house, which was later displayed in the teachers' cafeteria.

op Left, Above Left, Immediate Right:
ey Club members put together American Heart Association
urvival Bags" to benefit parents of children with heart disorders.

where do you fit in?

...*sponsors*

Thank you for your support.

Helen,
You have worked so very hard. You did it! We are proud of you. May all your dreams come true.

Congratulations!

We Love You,
Dad, Mom and Max

Congratulations Alex

How time flies when you're having fun, during this important transition, remember that in life there are "No Excuses", you have to live "Your Best Life Now", live a "Purpose Driven Life." And while you are indulging in your "Acts of Faith", remember that it's because of "Our Kind of People" you have inherited "Black Pearls" cultivated by God's "Amazing Grace." When the world tells you that there "Ain't No Makin' It" you can lift your "Gifted Hands" in praise to Jehovah Shalom, the Lord is peace. And when you can say, "My Soul Looks Back in Wonder" and know that "Before the Mayflower", there was the Father, the Son, the Holy Spirit, the Elders, and YOU! "Holler If You Hear Me"

It Took a village to raise and cultivate a warrior like you and we want you to know that **we love you Ali Baba** with all our hearts through strength, admiration and the agape!

Always & Forever

Mommie and Mima

Quote to live by: "You can do something only by being part of a collaborative, organized effort. It's not uniformity, but a unity that makes it possible for us to make an impact."-Dorothy Height, Civil Right Activist

Arthur Alexander McKeithen-"Ready to Conquer the World"
1st day of Kindergarten-St. Aedan's Catholic School
New Haven, CT

"Yesterday brought the beginning, tomorrow brings the end, and somewhere in the middle we became the best of friends."
- Anonymous

Best of friends, best of times. Good luck girls!

Love,
the Hanmers and
the Tobins

Congratulations Volleyball!

Western Mass Champions

Melanie and Juliet

Congratulations!
We wish you a Lifetime of Happiness!
Love,
the Pascal's and the Wu's

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Longmeadow High

CLASS OF 2008

GRYNN& BARRETT
studios

Just what you think, is just what you are
The mold of a man is his mind.
And the thoughts that take place
Reflect in the face
The size of the soul hid behind

You never can by an innocent I
The mask of a saint is not sold.
You just have to live, to be and to see,
To build up a conscience of gold.

So make life a song--you're not living long
But while you're alive and can think.
Put into that mind--the best you can find
And from all that's poor proudly shrink

The heart that can say to itself--All is Well
And beat with a passion of love,
Is the heart that has caught
The purest of thought
From the mind of the Man just above

Kimberly Elizabeth Schmidt

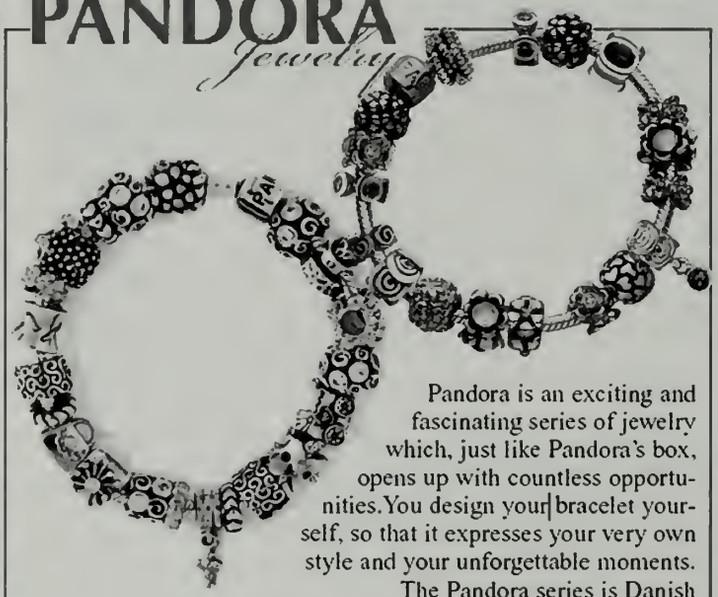
CONGRATULATIONS CLASS OF 2008 !!!

Congratulations Boys' Basketball!

Division I Champions

Congratulations Class of 2008!

PANDORA *Jewelry*



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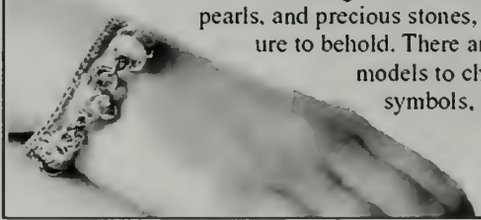

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Congratulations Samantha,

Love, Dad, Jay, Grandma, Grandpa, theVicedomini's, Penso's, and Fields'

"The longer I live the more I believe
You do have to give if you want to receive.
There's a time to listen, a time to talk
And you might have to crawl even after you walk.

Life's a dance you learn as you go
Sometimes you lead, sometimes you follow.
Don't worry about what you don't know
Life's a dance you learn as you go."

Emily

You are a true original, and you have made us so proud! Continue being the person we all know and admire.

Love,
Mom, Dad, David, Jeremy, Jayme,
and Grandma

Collin

Find a job you love and you'll never work a day in your life. --Confucius

Go discover the world! We love you, Corrie, Auden, Mom & Dad

"You can only grow by coming to the end of something and by beginning something else."
-John Irving

Our Dearest Donna,
We are so proud of you! Congratulations on your graduation. Remember to believe in yourself as we believe in you.

Love,
Dad, Mom, Janet, Rob and Lindy

Then...

...and now!

Congratulations!!!
Enjoy your next steps in the journey of life!
Love, the Pohli and the Miller families

Congratulations Boys' Skiing!

Western Mass Champions

CONGRATULATIONS, ERIN

YOUR FUTURE IS BRIGHT
LIVE YOUR DREAMS

WE LOVE YOU!

MOM, DAD, AND KELLY

Good Luck, Seniors... It was a good run!

Congratulations
Harrison Liebman

We are all very proud of you!!
David, Donna, John, Luke and Rayna

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Congratulations Sarah!

"Lord, the Berkshires
seemed dreamlike on
account of that frosting,
with ten miles behind me
and ten thousand more to go."
-James Taylor

We love you Boo!
Dad, Mom,
Adam, and Scott

Congratulations Samantha!

We are so very proud of you and good luck in all of your future endeavors!

"The future belongs to those who believe in the beauty of their dreams."
Eleanor Roosevelt

Love, Jay, Mom, and Bob

Congratulations Girls!

We are so proud of you all!

Love,
the Izzo's, Hoff's, Skole's, Riley's, Santaniello's, and Berube's

Congratulations Girls' Indoor Track!

Western Mass Champions

Congratulations Boys' Soccer!

Western Mass Finalists

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Congratulations Class of 2008!

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682 Bliss Road
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Congratulations Girls!

We hope your dreams take you to the corners of your smiles, to the highest of your hopes, to the windows of your opportunities, and to the most special places your hearts have ever known.

Love,
The Loizzo's, Levy's, Phillips', Fahy's, Berg's, Faber's, Mariano's, Volk's, Fields', and Abbott's

mmaaajjkkks

Longmeadow High School Skiing

2008 Western Mass. Champions
and
2008 State Finalists

Congratulations on everything you have accomplished!
Good luck to you in your futures!

Love,
Sue and Chris Gagne, Debra Kaye and Bob Gershen, Jenny and Sam Hanmer, Kim and Joe Henley, Laurie and Aaron Parker, Kim and Jeff Setterstrom, Kate and Timm Tobin

Congratulations Football!

Division I Superbowl Champions

Congratulations Field Hockey!

Division I Champions!

Congratulations Charlie

"To a Lancer since Birth"

"We love you more than air"
Love, Bobby, Ceily, Jamie, Mom& Dad
X X O O

To Harry

Upon hearing the news no matter how
the shock was all there was as our jaws dropped
our hearts sank down as we stood weightless
and each of our worlds stopped

Our first instinct was to come together
and for some to think and laugh about you
we choked on stories
and laughed through tears
as we stood there somehow without you

Where do we look
when we know no answer can be found
either praying searching our eyes reaching upwards
or staring hard straight through the ground

The shock the anger the confusion and the sorrow
was a taste of what we'd face
when that inconceivable day
would become the seemingly impossible tomorrow
when we'd wake up and open our eyes
and actually realize that none of this is lies
and that our nightmare is in fact real
and no words can capture how any of us really feel

The missing the absence that emptiness there
digs deep within us when nothing is fair
and all we have is each other but that never equals you
and there's nothing to say to think or to do

But in circles together
in the midst of our pain
on a frigid gray day
with a chilling cold rain
between the echo of the "what?" "why?" "how?"
we found kindness understanding and love somehow
because the light that you are shines through our dark skies
and you're so alive in our minds
your heart your spirit
your eyes

We flash forward to the what could have been future
and back to the what if past
but the truth that consumes us
is that the broken present
is all that seems to last

But the memories of you warm us
from the inside out
and the blessing that you are
is something we can't ever be without

Happiness and laughter surrounded you
you were just that kind of guy
who could have fun anytime anywhere
especially when your sarcasm could apply

We'll always keep you in our hearts
every day we'll think of you
remembering all the good times
even while the memories we're making are new

At all the games tailgates and especially nights out
just whenever you were around
we could always bet anything that
a great time would be found

Loved by everyone
a purely good man
our jokester our friend
our Superfan

We hope you're up there watching
knowing you'll walk with each of us in May
as our classmate and our dear friend
we love you Harry Rea

-Mollie Mackler

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